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*H. H. Root M.D.*



# THE PEOPLE'S MEDICAL LIGHTHOUSE;

A SERIES OF

POPULAR AND SCIENTIFIC ESSAYS

ON THE

NATURE, USES, AND DISEASES OF THE LUNGS, HEART, LIVER,  
STOMACH, KIDNEYS, WOMB AND BLOOD;

ALSO.

A KEY TO THE CAUSES, PREVENTION, REMEDIES, AND CURE OF PULMONARY  
AND OTHER KINDS OF

## CONSUMPTION;

ASTHMA,  
BRONCHITIS,  
HEART DISEASES,  
DYSPEPSIA,  
LIVER COMPLAINT,  
AGUE AND FEVER,  
BALDNESS,

DEAFNESS,  
BLINDNESS,  
HEAD ACES,  
CATARRH,  
COSTIVENESS,  
DIARRHŒA,  
DYSENTERY,

GRUB AND WORMS,  
PILES AND FISTULA,  
MISCARRIAGE,  
FEMALE DISEASES,  
CANCERS AND TUMORS,  
FALLING OF THE WOMB,  
ETC., ETC.

## MARRIAGE GUIDE,

On Early Marriage; Pure Love a Stimulator of Mankind, and its Power to  
Banish Disease; the Magnetism of Love; Theory of Gaining the Affections  
of the Opposite Sex; Wedded Love to Prevent Consumption; Growth  
of the Fœtus; Organs of Generation; Prevention of Conception;  
Impressions on the Female Organs on the Unborn Child; Art  
of Procreating the Sexes at Will, and how to render Child-  
birth Easy and Safe; and Directions by which the Vigor, Beauty, and Elastic-  
ity of both Mind and Body may be retained from Childhood to a Ripe Old Age

BY HARMON KNOX ROOT, A.M., M.D.,

AUTHOR OF A SERIES OF LECTURES ON HEALTH, AND INVENTOR OF THE INFALLIBLE  
LUNG BAROMETER.

ILLUSTRATED WITH 65 RARE AND INTERESTING ENGRAVINGS.

"Blessed is he that readeth, and they that keep those things that are written therein," [St. John.]  
for "It is better to hear the rebuke of the wise, than for a man to hear the song of fools." [Solomon.]

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## PREFACE.

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THE author of this work having been before the public for some years, both in extensive practice of his profession and as writer of a widely-circulated series of "LECTURES ON HEALTH," believes no apology will be needed for the appearance of this offspring of his labors; especially when he remembers that he has been, as it were, forced to offer it to the world, by the urgent and oft-repeated solicitations of hundreds of his patients in various parts of the country. That it will meet with a kind reception from thousands of the afflicted, the author is constrained to believe by the fact that twenty thousand copies of his Lectures were circulated in the first eighteen months of their publication: and having, since the issue of that work, lectured to upwards of one hundred thousand persons, and successfully treated some twenty-five thousand cases of disease, in all the various forms which it presents, (of which a minute and complete record, embracing many volumes, wherein symptoms, modes of treatment, causes of complaint, and temperament, age and condition of patients, has been kept,) he feels that the experience and observation he has gained, and the medical knowledge he has accumulated, when presented in the manner employed in the following pages, will not only insure a candid reading for his book, but will operate to greatly benefit those who shall peruse and digest its contents.

The *diseases* treated of in this work, and their *causes, prevention and cure*, have been the objects of the intense study and close investigation of the author for many years, theoretically and practically. With an earnest desire to *understand and successfully pursue* the great science of medicine, and with ardent feelings of sympathy for the afflicted, he has traveled over various parts of the country, visited numerous places where medical information is to be obtained, and attentively considered and candidly weighed all the prevailing systems and doctrines of medicine. The experience and knowledge gained, the observations made, the truths elicited, and the convictions arrived at, the reader will find embodied in the work now presented for his edification and instruction. In view of the facts that thousands are suffering from disease and pain—are ignorantly sacrificing health and life—and are cut off in the prime of existence, the author has felt it his *DUTY* to make use of his humble abilities in this manner, in the hope of benefiting his fellow beings, by pointing them to the paths of health, and so instructing them that they shall develop and preserve their faculties, personally and as a race—physically, morally and intellectually. In endeavoring to do this he has cut loose from the technicalities of medical schools, and from the professional jargon, (entirely unintelligible to all general readers,) behind which the ignorant in the science endeavor to hide their want of knowledge, and has presented his ideas, so far as possible, in undefiled English, and in a plain and

direct manner, so that every one may be able to not only read but to *comprehend* that which is written, and be thereby instructed.

In treating of the various complaints, and in pointing to remedies, the author has endeavored, also, to set forth many *causes* of disease and premature death. This will be found to be one of the principal objects of the work. For the benefit of man, it is as important that we should know the *causes* of disease and the *modes of prevention* as the *methods of cure*; for, by knowing the former, we may escape often a necessity of resorting to the latter. And as his practice has led him to look into the causes of disease, and to observe the means by which sickness may be prevented, the writer deemed it incumbent in this work to give the reader the benefit of his experience and observation, in the hope that he may use them to his own good. The old adage—"An ounce of prevention is worth a pound of cure," applies with great force in all matters of health, and should be a rule for every man's governance. No one can with safety neglect it. To *preserve* health is a much easier matter, if men will give attention to the subject, than to *restore* it when once it has been lost. The first is in great measure in the power of every person; the latter often requires the most scientific medical skill, such as but few men possess. Nearly every invalid, now shut out from the joys of life and the pleasures of the world, borne down to the ground with an intolerable load of physical and mental suffering, and perhaps doomed to an early and untimely grave, might, by having taken the proper steps to *preserve* health, be now in the full enjoyment of that inestimable blessing, and in prospect of a long, happy, and useful life. We should remember the truth contained in the proverb which reads—"A prudent man foreseeth the evil and fleeth, but the simple pass on and are punished"—and apply it in the avoidance of all causes tending to disease.

In view of some of the pernicious fashions and customs of modern civilization, and of the destructive vices existing, whereby many are led to the tomb, and disease handed down to the coming generations, the author has felt it a duty to speak plainly and boldly his thoughts and convictions, the more especially as these subjects are in the main passed over by medical writers, as being injurious to their practice; and thus left to spread havoc and devastation in all classes of society. In doing this, though not withholding the truth for fear of offence, nor studying verbosity, where direct speech was better calculated to convey the desired idea, it has been his endeavor to avoid all language calculated to displease, and all phraseology which should be, by the most fastidious, thought open to objection; in which, he humbly trusts, he has been successful.

In various parts of the work will be found much valuable statistical information upon numerous subjects connected with the health and happiness of the human race, from which may be gathered by the reader ideas of the influences exerted by varied causes in the production of premature decay and death. These statistics have in part been gathered from a multitude of reliable authors, and are in part the results of the writer's own extended experience in the practice of his profession. A careful perusal thereof will not only afford the reader much valuable information, but will show him how many long-cherished but erroneous theories, intimately connected with his welfare, are exploded by figures. To particularize among these is impossible; they are respectfully submitted for consideration, with the assurance that no one can read them without gaining such information as shall treble remunerate him for the purchase and perusal of this volume.



A glance at the table of contents will be sufficient to show that the work is filled with matters of the most interesting and important character, connected with the human being, from infancy to old age; that it is one needed by the public, and is calculated to convey the most satisfactory instruction to all classes of readers.

The author feels confident that if this labor of his is received in good faith, carefully read and inwardly digested, it will be of great benefit to thousands of his fellows. It will teach them to *know themselves*. It will redeem them from disease, and place them in the possession of health and happiness; it will take them from lingering misery, and place them in the lap of ease. If they would have *health, strength, beauty, and length of days*, in these pages shall the roads thereto be pointed out to them; if they would have knowledge of themselves, physically and mentally, and would be instructed how to live happily, usefully and honorably, this book shall be the mine from whence rich stores of intellectual ore may be drawn freely by all. That it may serve these ends with his patients, his friends, and the public generally, is the earnest and sincere wish of

THE AUTHOR.

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\* \* All orders for medicines, and letters of consultation, to be addressed to  
Dr. H. K. Roor,  
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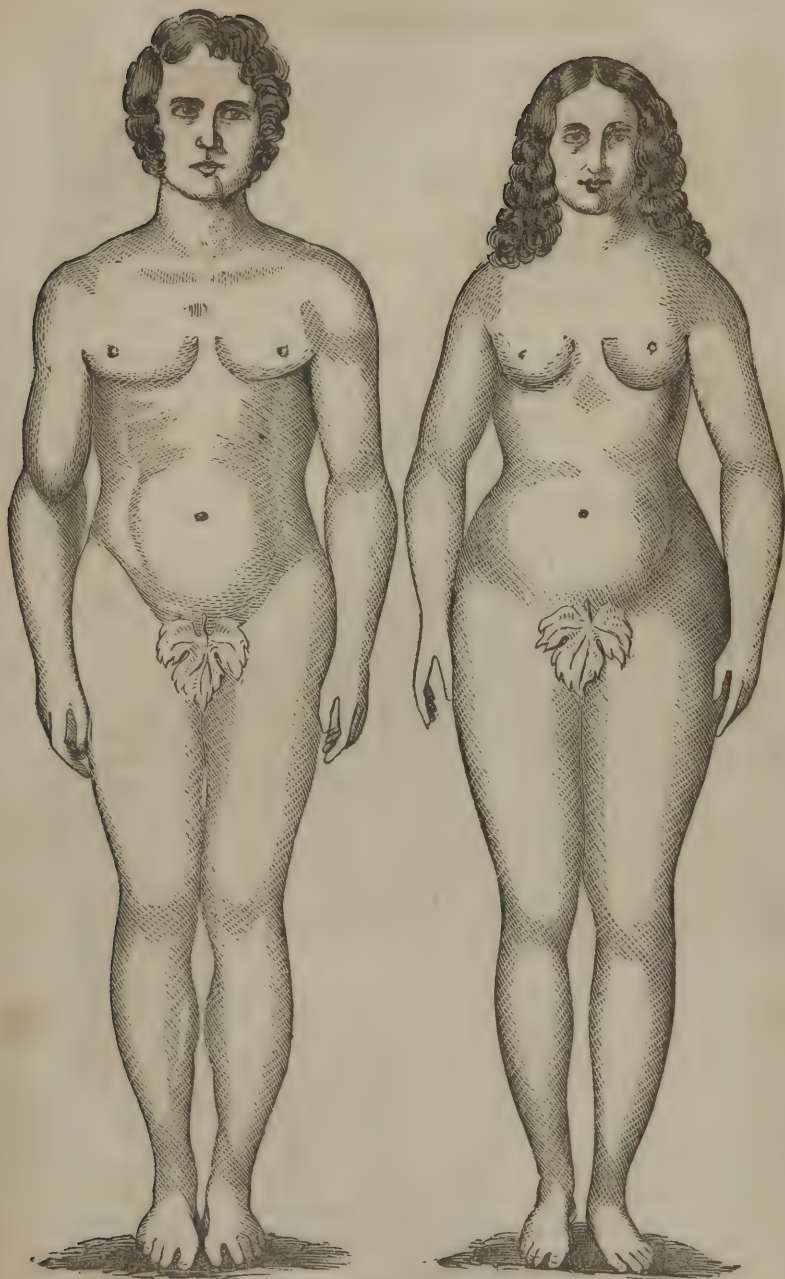
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PERFECT MALE AND FEMALE FIGURES.

'THE human frame, as a machine, is perfect,—it contains within itself no marks by which we can possibly predict its decay; it is apparently intended to go on forever.'

*Dr. Monro.*

THE

# MEDICAL LIGHTHOUSE.

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"As health is the most precious of all things, and is the foundation of all happiness, the science of protecting life and health is the noblest of all, and most worthy the attention of all mankind."—HOFFMAN.

## ANIMAL AND VEGETABLE CHEMISTRY.

ALL bodies endowed with life, and with a power of spontaneous motion necessary to support life, are called animals. Animals are thus distinguished in general from vegetables. But a more correct and scientific definition is the following:—An animal is an organized body, sensible, capable of voluntary motion, provided with a central organ of digestion. They are all capable of reproducing their like; some by the union of the two sexes, produce small living creatures, and are called *viviparous*; others lay eggs, which require a due temperature to produce young, styled *oviparous*; some multiply without the conjunction of the sexes, *hermaphrodites*; and others are reproduced when cut in pieces, like the roots of plants, *animal plants*.

After man, all other animals have been divided into a few general classes in the following manner; the study of which teaches the master works of a God of wisdom, benevolence, and mechanical ingenuity, who has perfected with the most wonderful arrangement all the necessary physical organs suited to the whole animal creation, each organ working in the most perfect manner, and with the most delightful harmony.

Some species of the animal creation have heads, others have none, (as worms and insects,) some with nostrils, others having none, (as worms and insects,) some with ears, and others without, (as insects and worms,) some having two ventricles in the heart, (as man and quadrupeds,) while others have only one ventricle, (as birds, oviparous quadrupeds, serpents, and fish,) and worms and insects have hearts variously formed. Some of the animal species have hot blood, (as man, birds and quadruped animals,) others with blood nearly cold, (as oviparous quadrupeds, serpents and fish,) others with a whitish transparent fluid or blood, (as insects and worms.) Some species of animals have lungs, and inspire and expire air frequently, (as man, birds, and quadrupeds,) others inspire and expire air at long intervals, with lungs, (as birds, oviparous quadrupeds, serpents, and fish,) others admit air by gills, (as fish,) others air by spiracula, (as insects,) while others have no apparent entrance or aperture to admit air, (as worms.) Some of the animal species have teats, affording milk for their young, (as the females of man, and the quadruped animals,) others



have no teats, or milk for their young, (as birds, oviparous quadrupeds, serpents, insects, and worms.) Some of the animal species have four feet, with hair, others with four feet without hair, (as oviparous quadrupeds,) others with fins and no hair, (as cetaceous animals,) others scaly without feet or fins, (as serpents,) others scaly with fins, (as fishes,) others with feathers and two feet, (as birds,) others with hands and feet, (as man,) others having neither feet, hands, backbone nor scales, (as worms,) others having antennæ or prominent organs attached to the head, like feelers, (as insects.) Some species of animals have two nervous systems, (as the mammalia, animals, birds, reptiles, and fish,) others have a nervous system surrounding the ossified shell or bone, being sympathetic, (as shell-fish, insects, worms, molluscæ animals, having soft bodies without a skeleton,) others have a knotty spinal marrow with articulated joints, (as insects,) others have a knotty spinal marrow without articulated limbs, (as worms,) others without any blood vessels, veins, arteries, heart, or brain, (as insects.)

The component parts of all animal substances are found in the blood of animals, differing according to the kind of flesh, which are known to chemists under a few heads, viz.:—Nitrogen, hydrogen, carbon, and oxygen. In addition to these it sometimes contains sulphur, phosphorus, iron, and small particles of saline matter.

The principal vegetable substances which have claimed attention, both for food and medicines, are embraced under a few general heads known to chemists, and most of them are of great importance, and of frequent use in various and multiplied forms. They are sap, mucilage, gums, oils, resins, gum resins, caoutchouc, balsams, starch, gluten, sugar, albumen, acids, tannin, alkalies, wax, honey, and aroma.

All vegetable substances are composed of carbon, hydrogen, and oxygen. The distinguishing feature of animal from vegetable substance, is the large quantity of nitrogen which goes to make up its composition, and which tends strongly to aid in its putrefaction and decomposition, and to throw off offensive smells while it is undergoing the progress of decay.

Truly is God the master mechanic, perfect in all his works, for no other being could create the various animals, beautiful and complicated, forming each and all in full perfection. The most radical of infidels, in viewing the wondrous works of God, declare that had we no Creator to father the works we behold, there should one be manufactured. But who of men would dare to assume a responsibility involving the interests of all things in heaven and earth, even were it possible? Or who would take upon himself to *pull down* these wondrous works of the Creator of all, that he might build them anew? Should not even the most learned and able of mortals (who, when compared with God, is as nothing) hesitate at the thought of pulling down a creation of the Deity, in order to rear it up again? Ought he not to labor to the end of *preserving*, in the form and condition of its creation, every part and portion of a work of God with which he has to deal?

To man has not been deputed the power to *create* life; but by exercise of the faculties implanted within him, he may comprehend the formation of created beings, and by observation and experience learn to so use the means placed within his grasp as to assist nature in *preserving*, in their full strength and beauty, all the various parts and organs of the wonderful *living* machine called MAN. But it is not for him in his arrogance to proceed in his endeavors ignorantly, nor to go contrary (as by far too many do) to the infallible teachings of reason and the revelations from the Creator himself.

## ON THE BLOOD.

"For the life of all flesh is the blood thereof."—LEVIT. XVII. 14.

PHYSIOLOGY, chemistry, Bible truth, and human reason combine together to teach us that the *blood*, assisted by air, food, light, warmth, and exercise, is the source and fountain of animal and human life. We know the effects of air in the purification and circulation of blood in the lungs; and we know that the effects of light upon the body are as pleasant as to the eye, and as healthful; and also that without exercise and warmth life could not be sustained. We know, too, that the food, after being taken into the stomach, is subjected to a process of digestion, which converts the nourishing parts of it into a milky fluid called *chyle*; and this *chyle* is the basis of the black or venous blood. We know, also, that in the blood originate all the humors of the body. The gastric and pancreatic juices; the milk; the sebaceous acid; the bile; the urine; the prussic, zoonic, formic and bombic acids; the hard parts of animals; the humors of the eye; cartilages; brain; synovia; tears; mucus of the nose; cerumen of the ears; saliva; pus; semen; sweat; liquor amnii; eggs; hairs; feathers, silk, and all the secretions, spring from this common fountain.

After coursing through the veins in a dark and heavy stream, the blood passes into the lungs; and in this wonderful laboratory its character is changed. Its color, under the influence of the oxygen or vital air, communicated by the air vessels of the lungs, becomes a bright red; and being now fitted to feed, nourish and sustain the various parts and organs of the body, is transmitted through the channels running through the heart to every extremity of the system.

There is not a fibre of the body of which blood is not a component and highly important part; and it follows of certainty, that upon the state of this material the diseased or healthy condition of every organ is greatly dependent. "A corrupt tree," saith the inspired volume, "bringeth not forth good fruit;" nor can corrupt blood impart health, beauty, good flesh or good spirits.

Says Combe:—"The *quantity* and *quality* of the blood have a most direct and material influence upon the condition of every part of the body. If the *quantity* sent to the arm, for example, be diminished by tying the artery through which it is conveyed, the arm, being then imperfectly nourished, wastes away, and does not regain its plumpness till the full supply of blood be restored. In like manner, when the *quality* of that fluid is impaired by deficiency of food, bad digestion, impure air, or imperfect sanguification in the lungs, the body and all its functions become more or less disordered."

The theory of the author then is, That "the *blood* is the *life*;" that by a diseased and poisonous condition of this fluid (contracted from contagious disease or vegetable decomposition) the seeds of fever, pain and death are conveyed to all parts of the system; that no medicine which does not renovate, purify and enrich the blood can expel disease; and, finally, that this desirable object can always be attained by the use of the proper vegetable remedies given by the hand of the Creator, when correctly prepared and understandingly administered.

In view of these simple facts, and with a certainty of being able by the use of the proper means to cleanse the stream of polluted blood, the author offers his

system of practice and his medicines to the public with a confidence in and certainty of their efficacy and power in the cure of the varied diseases to which "flesh is heir." His practice is based upon the truths of inspiration, the laws of nature, and the knowledge of chemistry; and his medicines are scientifically compounded from purely vegetable substances, received from manifold sources, and from every part of the habitable world. The productions of Nature from which they are prepared, have stood the assaults of the medical faculty from the first introduction and use of mineral poisons down to the present day. They were given, in the wisdom of the Creator of all, as we may see recorded upon the pages of Holy Writ, for the health and welfare of mankind, and it is only for us to make skillful and proper use of their virtues and powers that the designs of God in their first production should be fully realized. These medicines are composed of widely different vegetable ingredients, suited to the various diseases they are designed to cure: for nature furnishes no *cure-all* applicable to every malady. They are, however, all designed to subdue disease at its *fountain-head*—the BLOOD—and thus accomplish a radical cure. Notwithstanding, for *one* medicine,—the Blood Renovator, put up by me, whether used separately or in conjunction with other remedies, produces the most wonderful effects upon the health of the invalid.

#### REVELATION ON THE BLOOD

REVELATION first announced to man that the life-giving principle of the flesh is in the blood, in the rebuke of GOD to Cain for the murder of his brother Abel:—"And the Lord said unto Cain, What hast thou done? The voice of thy brother's blood crieth unto me from the ground, which hath opened her mouth to receive thy brother's blood from thy hand." Here the death of Abel is ascribed to the shedding of his blood; but if the life-giving principle had not been in the blood, its shedding could not have caused the destruction of his life.

But this truth does not rest on mere *inferential* authority; for we have the most unequivocal and explicit declarations of Scripture that "the life of the flesh is *in the blood*," and "*is the blood*." God, by the mouth of Moses, thus spoke to the children of Israel:—"For the life of the flesh is the blood: it is the life of all flesh: the blood is for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh; for the life of all flesh is the blood thereof." It has been recognized, both by sacred and profane writers, not only as the life of all flesh, but as typical of spiritual cleansing and healing. Hence, both Pagans and Jews shed the blood of animals to propitiate the favor of their deities. The God of Israel directed the shedding of blood in sacrifice; accordingly, for thousands of years, the blood of victims slain streamed from Jewish altars. Christ is regarded as the great antetype of the Jewish sacrifices, and as having, by the shedding of his own blood, obtained eternal redemption for mankind.—Heb. ix. 12.

The following, from among a multitude, are a few of the Scriptural declarations in proof of my theory that the blood contains the life-giving power, and the constituent elements of life in every part and parcel of man and animal, which declarations are supported by chemistry, and by reason derived from observation and experience:



"For the blood is the life."—Deut. xii. 23.

"For the life of the flesh is in the blood."—Levit. xvii. 11.

"For the life of all flesh is the blood thereof."—Levit. xvii. 14.

"He shall pour out their blood, for it is the life of all flesh."—Levit. xvii. 13, 14.

If the above passages of Holy Writ be true, then I have proved that blood is, as it were, the *maker* of the body; and the theory that it is the life of all flesh is established upon a basis from which it can never be shaken. And if this point be thus established, then this inference surely and legitimately follows, to wit: That all poisonous impurities in the circulating stream tend directly to plant the seeds of disease and death in the human system, and to enfeeble the constitution in proportion to the extent of their prevalence; and that health can only be enjoyed in its full perfection where the blood is kept in a pure, rich and uncorrupted state. Hence the necessity of pure blood, to give health, beauty, long life and happiness.

What the sap is to the tree or shrub, so is the blood to the human system. This is most reasonable. If, as the voice of God declares, "the life of all flesh is in the blood," and "is the blood," reason would say, and observation confirm the declaration, that poisonous humors in the blood must inevitably corrupt it, and unless expelled, must sooner or later undermine the health and destroy the life of the victim.

We have reason to believe that in no age of the world were mankind so extensively afflicted with evils arising from impurities of the blood, as in the present. Tens of thousands of all classes—old and young, high and low, rich and poor—almost our whole nation, if not the entire population of the globe—are in greater or less degree affected by derangement and impurities of the blood. Hence the 150,000 deaths annually from consumption in the United States alone, (constantly increasing,) with as many more from inflammation of the lungs and pleura, to say nothing of the millions of deaths annually from scrofula, erysipelas, cancers and tumors, salt rheum; heart, liver and lung affections; spinal disease, debility, fits, kidney and womb affections; insanity, physical and mental infirmities, and diseases of other kinds, with deaths of children, which rise up before us wherever we go.

The secret of skill and success in the prevention and cure of diseases tending to consumption must lie mainly in having the knowledge and means to *restore* the blood from a corrupted condition to a state of healthiness. These being possessed, and properly used, the physician will rarely fail to effect a cure.

The veins and arteries in the human system are thousands in number. To give a faint illustration of their great importance to convey the blood from the heart to every organ, for the support and sustenance of the flesh, and to return it again, the following plates (Nos. 1 and 2) are appended.

The venous system, by which the blood is conveyed into the pulmonary artery, and thence into the lungs, is represented in the following outline engraving.

The arterial system, which is much more complicated than the venous system, branching out by the grand avenue of the aorta, pervades every fibre of the frame, and has offshoots so minute as to be invisible without a powerful microscope. It supplies the waste of nature, and upon the purity of the fluid with which it feeds the body in health, life and ease depend. Its multitudinous offshoots, which convey nutriment to the members as the sap vessels of a tree convey sap to the remotest branches and twigs, are depicted in the annexed plate.



No. 1.—THE VENOUS SYSTEM.



No. 2.—ARTERIAL SYSTEM.

## CIRCULATION OF THE BLOOD KNOWN TO SOLOMON.

RENOWNED commentators on the Bible have supposed that Solomon (a man of great wisdom and intelligence) possessed a knowledge of the circulation of the blood, and as full an acquaintance with its workings in the system as could be expected in that remote age, when physiology generally was but little understood; and that he taught (in figurative language) this important truth. Previous to his time, though the fact itself had existed the same for 3000 years, and the blood of myriads of men and animals had been poured out, it is doubtful if the attention of any one had been drawn to the subject.

The language of Solomon in Ecclesiastes xii. 6—"Or ever the *silver cord* (having reference to the spinal marrow, from its color,) be loosened, or the *golden bowl* (the yellow-colored skull) be broken, or the *pitcher* (the vena cava, which brings back the blood into the right auricle of the heart) be broken at the *fountain*, (the heart,) or the *wheel* (the great artery near the left ventricle of the heart) broken at the *cis-*

*tern* (the ventricle itself)"—is thought by commentators to have figurative reference to the circulation of the blood, and to show that thus much at least of physiology was known to the Jewish king.

But according to the *received* authority of the day, the honor of the discovery of the circulation of the blood is due to Dr. Harvey, in the year 1619; but it has been claimed for Servetus, Columbus, and Cæsalpinus.

From the frequent and deadly practice of blood-letting in the last two hundred years, we would reasonably conclude that the discovery of the circulation had been a curse to mankind rather than a blessing. Solomon knew enough about the circulation of the blood and the effects of its shedding not to practice blood-letting. And blessed indeed would it have been for mankind had the followers of Harvey been as wise as the king of Israel. The destruction of human life at the hands of legalized man-killers, by bleeding, has been a heavy and needless tax on health and population. Could the voices of all those who have been hastened on their journey to the tomb by the murderous practice of blood-letting (and the voice of their blood crieth forth to the living as did that of Abel's) be heard at once, the earth would tremble with the shriek—"Murder! murder!" Says Dr. King—"If employment of the lancet were abolished altogether, it would, perhaps, save annually a greater number of lives than in any one year the sword has ever destroyed." And Dr. Hunn has remarked—"Abominable is the murdering quack, who, forever impatient to unsheath his blood-thirsty lancet, draws from a fever patient the irreparable balsam of life."

One of the professors in the Medical College of this city stated that he had frequently bled his patients to the amount of two hundred ounces, making ten pints, in three days. Another professor declared that he had taken three hundred ounces, making fifteen pints, in an extremely short time. A doctor of the city of Boston, stated in a public lecture, as an example for his students, that he had taken one hundred barrels of blood during his medical practice. (He ought to have said his *slaughtering* practice.) One hundred barrels, allowing thirty-two gallons to the barrel, makes three thousand two hundred gallons, or twenty-five thousand six hundred pints of blood! This would take the lives of eight hundred persons, allowing four gallons of blood to each individual! The same doctor stated also that he had given fifty pounds of calomel! making no mention of the number of blue pills. Of these remedies, Dr. Hamilton has remarked—"Among the numerous poisons which have been used for the cure or alleviation of diseases, there are few which possess more active, and, of course, more dangerous, powers than mercury." And other distinguished medical writers, most of them formerly of the "regular faculty," have concurred in saying that "Minerals exert a pernicious and baneful influence on the system; they seldom or never cure, but often destroy the patient. Their operation is altogether uncertain, depending entirely on the state of the stomach whether they act at all or prove injurious." Blood-letting by medical men was but very little practiced, until 1615 or 1619, being up to this date, 235 years. The introduction of calomel, or mercury, as a medicine, was in the year 1493, 122 years before the discovery of the circulation of blood; making to 1852, the space of 359 years. The introduction of quicksilver, as a medicine, was made in 1483, by Theophrastus Bombastus Paracelsus; and the German or vegetable doctors gave him the name of Quack, for using quacksalver, or quicksilver. If all the doctors for the last 235 years, since the discovery of the circulation of the blood, and the introduction



of the lancet and bleeding, had taken each one hundred barrels of blood from the sick, and dealt out fifty pounds of calomel each, and given the other poisons also, what a wholesale slaughter had been carried on by the mineral (now "regular") doctors! In what, in the name of common sense and reason, does the great skill of these "regulars" consist? In bleeding, vomiting and purging with blue pills, and prostrating the patient? Or what do they mean when they say that their mineral medicines are the only medicines, and their practice the only practice to give health to the sick? Such pretence is a libel on the creations and productions of Deity, for it places God, physiology, chemistry, and reason in the background of their assumed profundity. They would seem to say, while making these assertions, (like the barbarous savage to his captive)—"the dead tell no tales!" But they are not screened even by the death of their victims; for the very tombstones in the graveyards bear witness of the fatality of their practice.

We have not a drop of blood to spare, under any condition of health. The necessity of changing the character of the blood, is of frequent occurrence, and can be always readily accomplished. During the treatment of over twenty thousand cases of consumption and disease in all its various forms, with the most perfect success, I have never as yet seen any necessity for bleeding. Nor do I think there *can* be any necessity for draining the vital fluid of life, in the cure of disease. Depreciate or take away the blood, and you take the life. Depreciate or take away the air, and you take the breath of life.

How simple, important, and yet how truthful! Still, for hundreds of years have we had the theories of philosophers, and systems and schools of physicians and anatomists, attempting to guide our steps and assist our researches into the origin of our lives and natures, but in vain! They have all strayed into theoretical conjectures, written in barbarous technicalities, about matter, spirit, vitality, electricity, &c. Age after age has seen all these theories, systems and guessings of physicians, after momentarily agitating the world, pass away, leaving mankind a prey to perplexities, doubts, suppositions, diseases and death. Mankind should have held on to nature, the teachings of inspiration, and to the remedies which nature has provided, instead of betaking to the poisons that kill rather than make alive.

Vegetable or botanic medicines have stood the test ever since the creation of the world, under every possible form of disease, saving life in every case where life could have been saved. They are ordained and created of God, given to men and animals both for food and medicine, and therefore cannot fail to cure, if properly used, and the disease is curable. The animals hasten to their vegetable remedies, with perfect safety, under all conditions, and rarely die of disease unless deprived of their healing remedies by confinement or decrepitude.

#### AIR THE BREATH OF ALL LIFE.

HAVING proved that blood forms every part of the body, and is the life of all flesh, I now propose a few remarks as to the BREATH of all life. We have the *life*, and the *breath* of life. Air is food for the blood, and blood for the various parts of the body. This reason and inspiration teach us; and this a knowledge of the wonderful effect produced upon the blood by air while in the lungs also teaches.

In the Scriptures we read—"And God breathed into man's nostrils the breath of life, and he became a living soul."—Gen. ii. 7.

Paul said, Acts xvii. 25, that "God giveth all life and breath."

God, before the flood, said he would "destroy all flesh wherein was the breath of life (excepting Noah and his family), and they should all die."—Gen. vi. 15.

"Whose breath is in his nostrils."—Isaiah ii. 22.

"They all have one breath."—Eccl. iii. 19.

David said—"The Lord taketh away their breath and they die."

Job said—"His breath was corrupt and his days were extinct; the graves were ready for him."—Job xvii. 1.

Also, "his breath was strange to his wife, though he entreated, for the children's sake of his own body."—xix. 17.

Consumptive, is your breath corrupt, like that of Job? Are you diseased, as was he? Are your spirits gone?—has hope fled your bosom? Job kept up courage during his afflictions, and trusted in a safe deliverer. Go thou and do likewise. Avail thyself of the aids which science has prepared for thee from the productions of the earth. Remember, that while there is life there is hope; and that by the use of simple and suitable means, rightly administered, you can yet rejoice in health, good blood, abundance of flesh and buoyant spirits.

While, therefore, blood forms the body, air keeps the blood in circulation. Blood alone affords nourishment to the child while in the womb, and it is only after birth, when the *lungs* are inflated, that air becomes necessary for the continuation of living existence, and for the preservation of health during life. All this is demonstrable. If the umbilical cord of the fetus be cut, or an artery of an adult be opened, the blood runs out and the subject dies: excluded from the air death immediately follows, after birth or after the lungs have once been inflated.

### USES OF THE LUNGS.

HAVING shown that air is the breath of all life, it may be well to explain the nature and use of the organs which contain the air.

The lungs, before the birth of the child, are about one-thirtieth part of the entire weight. They have no action or use, however, until the child comes into the outer world. When they have been inflated for some months, their weight in proportion to that of the whole body is as 1 to 18.

There is no air in the lungs until after the birth of the child, nor even then, unless they are *inflated*. If the child dies before an inflation of the lungs, these organs will sink in water. By this knowledge it can be determined whether violence has been done to a dead child, and whether it died before or after birth.

The lungs are filled with thousands of air-cells and air-tubes, and when these are once inflated the air can never be expelled from them, not even by cutting them into the smallest of possible pieces. In this condition—whether whole or divided in parts—they will not sink in water.

The shape and size of the lungs in the adult person depend somewhat upon the form of the chest and the condition of the heart and liver. In a *natural* state of the body, and where the chest has not suffered from violence or been distorted in obedience to some injurious dictate of fashion—such as *tight lacing*,—the lungs on their

outer surface are convex—on the inner, concave. In the cavity or hollow of the left lung, which is expressly adapted to the purpose, and has been called the bed of the heart, lies that important organ.

The shape of the natural lungs is like that of a sugar-loaf, having the smaller end up. The right lung has three lobes—the left but two, ordinarily; but there have been cases where as many as four to six existed. Each lung and their different lobes are separated by a membrane, called the pleura. The pleura lines the cavity of the thorax or chest. This membrane, when inflamed, adheres to the lungs or chest; and is called a serous membrane, in distinction from those which line the mouth, stomach, intestines and air passages, called mucous membranes.

The bronchial tube enters the lungs about midway, and divides into two branches which pass one to the right and the other to the left lung, where there is a subdivision into thousands of air tubes. This point is known as the root of the lungs. The blood vessels enter and pass out at the same place. These blood vessels are called pulmonary arteries and pulmonary veins. The pulmonary arteries carry the blood from the heart to the lungs, to be purified by the air; and after there going through a chemical change, the fluid is returned to the heart by the pulmonary veins. By the color of the blood from bleeding lungs, it can be determined whether an ulcer or abscess has ruptured a vein or an artery.

The heart is surrounded by a sac, called the pericardium, which is a part of the pleura. In a healthy state, the heart just fills the natural bed in the lungs; but when it becomes enlarged from any cause, it presses against the lungs, and sometimes with such force as to produce great difficulty of breathing and to prevent the air cells from being filled—from which cause arise sudden deaths.

The larynx is the top part of the trachea or wind-pipe. Within the larynx are four fibrous vocal cords, which, when inflamed or otherwise diseased, as in cases of sore throat and bronchial and catarrhal affections, frequently prevent the utterance of vocal sounds. The internal surface of the bronchial tube and air-cells is covered with a mucous membrane, which discharges a lubricating fluid to moisten the surface. An organ called the glottis is a part of the vocal apparatus, which, when inflamed, also affects the speech.

The thyroid cartilage is a projection found in the neck of the male, but wanting in the female. This projection is vulgarly known as "Adam's Apple," from the whimsical idea that when Adam partook of the forbidden fruit, (commonly supposed to be an apple,) a piece lodged in the throat in the act of swallowing! and hence the projection in the male throat and not in the female.

The thyroid gland is situated in front of the trachea, and upon the side of the larynx. The use of this organ anatomists have never determined. It is larger in the female than in the male, and tends to give fullness and beauty to the female neck, if it serves no other purpose. As an offset to the projection on the neck of the male, known as Adam's Apple, may we not suppose the thyroid gland to be of special use in lubricating the larynx and throat of the female—she having much greater need of such a fluid to prevent serious difficulty in the use of the tongue and vocal organs!! Nature having been wise in all her creations, and making nothing in vain, and no other use for this gland having been found, we should (unless the ladies complain of us) reasonably conclude that to be its office!

Having spoken of the organs themselves—the lungs, tubes, air-cells, &c.,—we proceed to a consideration of their uses in the animal economy. God, the being of



infinite wisdom, taught the necessity of inflating the lungs, when he breathed into man's nostrils the breath of life; and all the prophets and wise men of old had an understanding of the "breath of life,"—which was no more than the air we breathe. The air is a *fuel* to consume carbon and to emit carbonic acid gas; and is used for the purpose of purifying the blood while in the lungs; the air also supplies the blood with electricity; by this means the blood which has just come in contact with air while in the lungs, and also while it is passing in the pulmonary *vein* to the heart, is found to be raised to a higher temperature than that which is in the arteries passing to the lungs. The blood passing to the lungs from the heart has been found to be 100 degrees Fahrenheit; that passing *from* the lungs to the heart from 101 to 102 degrees. By passing into the lungs air also loses its oxygen and electricity, and becomes when expired carbonic acid gas.

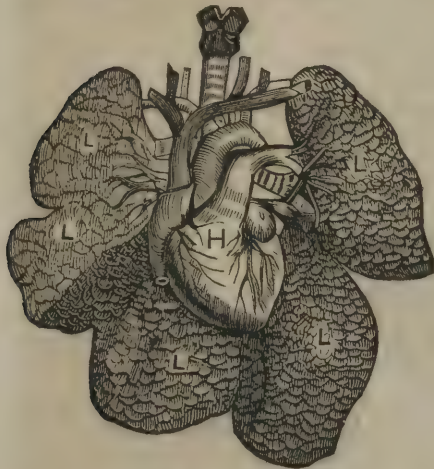
Air is principally composed of oxygen and nitrogen, in the proportion of about one-fourth of the former to three-fourths of the latter. But it is evident that hydrogen and electricity are also component parts of air. Oxygen and electricity are the principles of flame and animal life, while nitrogen extinguishes both. When air is inhaled, the oxygen and electricity are communicated to the blood, which being charged with iron becomes a conducting medium; while the nitrogen is disengaged and thrown off. The iron, which gives color to the blood, is instantly rendered magnetic under the influence of electricity. The blood is at the same time oxydized by the oxygen of the air, and instantly becomes a cherry red. This oxygen generates in the blood an acidity, to supply an acid to the stomach, when there is not enough received in the form of food or drink.

The blood magnetically prepared at the lungs is thrown upon the heart, and forced into the arteries, and is driven into every part of the system. The propulsion of the blood in this manner creates animal heat, which causes it to throw off the electro-magnetic power to the nervous system, for which it has strong affinity; or, in other words, electricity being the communicating fluid for the nervous system, it becomes *nervo-vital fluid*. This nerve-electricity, or animal heat, being secreted by the brain often in too great a quantity, disorganizes the connection of mind and matter, which softens the brain, destroying the balance of the mind and producing mental derangement or insanity. From this cause, in connection with impurities of the blood obstructing the circulatory system, arise local diseases, with irritation and inflammation, often terminating in putrefaction or decomposition of the affected part, frequently causing sudden death.

The air we breathe, then, purifies the blood, and by a chemical change in the lungs also produces animal heat. The blood in the pulmonary vein having come in contact with the air in the lungs, is rendered pure and brought to a higher temperature than in any other part of the body. And by this wise provision of nature, through the agency of the blood and nervous system, all parts of the body become electrified, and heat nearly equally diffused throughout the system, by which we are kept warm and alive.

You now have a grand perception of the structure and uses of the lungs. Without a perfect understanding of these important truths in the physiology of the human system, no physician should attempt to administer medicines in any case of lung affections; as pulmonary consumption can never be cured without a thorough knowledge of the true nature and state of the disease, and the remedies proper to be used. And yet, not one in a thousand of the practicing physicians of the day

at all understand these matters thoroughly; they go *blindly* to work to relieve the sufferer, and failing (as they *must*) to effect a cure, declare consumption to be *incurable*. But I have the happiness of being able to say to the afflicted that it is perfectly curable. The first step and great secret of success is to distinctly ascertain the kind of consumption and the stage to which it has arrived. This can be done most successfully by the aid of my great invention—the infallible *Lung Barometer*. By the use of this invention, I am enabled to *correctly* ascertain the nature and state of the disease, when the proper remedies can be administered without *experimenting* with the life of the patient.



NO. 3.—THE HEART AND LUNGS.

This engraving represents the heart and lungs in their natural position in the chest; the portion marked L being the several divisions or lobes of the lungs, and the central portion the heart, marked H, the pulmonary artery and aorta, &c.

Never believe your case to be beyond the reach of medical skill until you have tried the virtues of the Lung Barometer; for after using it, I have cured thousands of consumptive cases that had been given up by other doctors as incurable. But because *others* declare certain diseases to be beyond medical aid, that is no reason for me to relinquish my efforts; as I have long since found them to be incompetent judges of the condition of the lungs.

As a medicine in all lung complaints, my Lung Corrector stands first and foremost. It is the best compound ever presented to the afflicted.

For a view of the lungs and heart, see accompanying engraving.

## RESPIRATION.

THE amount of air to sustain life, must be from three to five cubic inches in the lungs; but varies in proportion to the size of those organs, and also in persons of different habits. The sedentary individual consumes much less air than the active one. Adults with large lungs can inhale from three to four hundred cubic inches of air, and if the lungs are extra large, from four to six hundred cubic inches, at a single inflation. So varied are the conditions and sizes of the lungs, from habits of dress, and the condition of the heart and liver, that adult persons, by a correct examination with the lung barometer, vary from seventy-five to one hundred and fifty cubic inches of air at each ordinary respiration.

The lungs are capable of great expansion and contraction. Active children, having plenty of outdoor exercise, consume as much air as adults, their breathing or respiration being quicker; but their lungs are not as large in general.

From this necessity of children with large lungs to have plenty of air arises the spasms, convulsions, and sudden deaths of infants when confined in close rooms, or covered with bed clothes. Great care should be taken by parents to avoid these disasters, and to see that children have plenty of pure air.

Ordinarily, about eighteen respirations occur in a minute. This gives the number of cubic inches of air inhaled in a minute, hour, day, and year of 365 days, as follows:—

If 75 cubic inches at a respiration—

<i>Per minute.</i>	<i>Per hour.</i>	<i>Per day.</i>	<i>Per year.</i>
1,350	81,000	1,944,000	709,560,000

If 100 at a respiration—

<i>Per minute.</i>	<i>Per hour.</i>	<i>Per day.</i>	<i>Per year.</i>
1,800	108,000	2,592,000	946,080,000

If 150 at a respiration—

<i>Per minute.</i>	<i>Per hour.</i>	<i>Per day.</i>	<i>Per year.</i>
2,700	162,000	3,888,000	1,419,120,000

From this table it may be seen that the difference in the quantity of air inhaled by different persons is very great: but whether 150 or 75 cubic inches of air be taken in at a respiration, it must be observed that the use of the lungs for this purpose is a matter of vast consideration.

The quantity of blood in the adult person averages between 30 and 40 pounds, or from four to six gallons. Compared to the weight of the body, the blood is about the one-fourth or the one-fifth part. The quantity of blood expelled by the heart at each pulsation or contraction, is about two ounces. As the pulse beats, or as the heart contracts, in an adult, about seventy-five times in a minute, it follows that the whole blood in our bodies passes through the heart and through the lungs also, once in a little more than three minutes. According to this calculation, the whole mass of blood would perform twenty revolutions in an hour.

We have here the estimated labor of the lungs when in health; but for a moment imagine their *extra* labor when the blood becomes filled with humors or decomposed irritating matter from diseased lungs, liver, kidneys, costive bowels, or disease of other organs of the body. Breathe upon a clean glass a single breath, and observe how it will become loaded with impurities, in the condensed respiration, when the breath is rendered corrupt and offensive from disease. And then consider of how great importance it is to the lungs that the blood should be kept clear and pure, and the air tubes unobstructed, that they may not be subjected to *extra* labor in the discharge of their important functions.

**INFLATION OF THE LUNGS.**—Inflation of the lungs is necessary at the birth of a child when the organs do not act. Also when the breath has been stopped by the fall of an individual, and in cases of persons nearly dead from drowning. There should be no time lost in inflation of the lungs in these cases, ere the breath of life has fled forever, or it will be impossible to continue living existence. God, when he had made man out of the dust of the earth, taught by "breathing into his nostrils



the break of life," the necessity of starting action in the lungs and setting the *human machine* in motion. When once the action is commenced, it continues until death.

*Extra inflation of the lungs* is necessary in cases of contraction of the lungs, either by a deformed chest, habits of dress, or in case of ulcers, tubercles, phlegm, catarrh, strictures, or a collapsed state of the lungs and air tubes. The flat, contracted, and crooked chest, by extra inflation of the lungs, can be changed to a full chest and noble figure, with large, healthy and useful organs of respiration. I have frequently changed the appearance of a contracted, small and deformed chest to such a straight and beautiful figure, in such a remarkably short time, that the friends of the invalid would hardly know him. When *extra inflation of the lungs* is injurious, can only be determined upon by the aid of my *Lung Barometer*. No person should commence inflating the lungs until having first been examined with one of these infallible detectors; for those who may recommend the inflation, will not, by reason of not having the aid of this invention, know whether the extra inflation will prove beneficial or not. It is with them a matter of *experiment*. They may *wish* to benefit you, but their advice is given *ignorantly*, and as the internal organs may be in a diseased state to them unknown, it is not impossible that extra inflation may finally be the cause of death.

I have been for many years a careful observer of the use of inhaling tubes, of various kinds, and have seen the most serious injuries caused by them. [See remarks under the head "Abuse of the Lungs by Inhaling Tubes."] Extra inflation of the lungs is of great injury in some cases of liver affection. Where the liver has been badly diseased or decayed and commenced to heal, the pressure of the lungs on the liver, before the case was truly known, destroyed the growth of a new liver.

The lungs often adhere to the chest or pleura, or to each other, and in these cases, extra inflation by the inhaling tube would be very dangerous, and has often proved so. Had the invalids been examined with the *Lung Barometer*, the injury would have been avoided.

The heart is sometimes enlarged with water; and, while in this state, the use of the inhaling tube might cause sudden death. An examination with the *Lung Barometer* would warn the physician of the danger to be apprehended from extra inflation, as by it he could determine the true disease. Cancers and tumors of the heart are seriously aggravated by extra inflation and the use of inhaling tubes. The liver sometimes becomes greatly enlarged with grubs, and presses the lungs; in which case, too much inflation might cause a rupture of the respiratory organ or break the liver.

There is no possible use for an extra inflation of the lungs when those organs themselves are not contracted or diseased, and the usual amount of air is received into and thrown out of them; but in many cases of disease of those organs it is decidedly beneficial. Extra inflation will always prove more or less injurious when the lungs are well, and the heart, liver, pleura, stomach or spleen are affected with some of their peculiar diseases. So we can see that *guessing* and *experimenting* are always dangerous and liable to destroy the life of the patient.

By the use of the *Lung Barometer* all the evils attending extra inflation can be avoided; and if it be seen that inflation is necessary and expedient, it can be practiced with perfect and entire safety. And if at any time the disease should change

its locality, it can, by the use of this wonderful invention, be followed with the appropriate medicines with unerring certainty and successful result. [See notice of Lung Barometer.]

Death generally happens at about three cubic inches of air in the lungs, and is most certain to occur at that point. But sometimes, in cases of cholera, sudden falls, heart diseases, faintings and fits, when the breath has been supposed to have entirely gone out of the body and the person thought to be dead, the subject recovers his breath and lives many years. In many of these cases the Heart Regulator will be found to be of great use to give new impulse to the circulation and breathing. I have often examined lungs with the Lung Barometer when the invalid was living on three or four cubic inches of air more than is in the lungs when death generally occurs.

To have six hundred cubic inches of air in the lungs at a time is a matter of not unfrequent occurrence with large, and robust, and active men, and with the American Indians, and men accustomed to much "racing." The celebrated pedestrian known as the "American Deer," who has been successful in races against men and horses, can inhale more than six hundred cubic inches of air at a single full inflation. Jenny Lind, and many other great singers, can take into the lungs from four to six hundred cubic inches of air at a single inspiration.

Never shut up your houses tight from the air. If you want your children to become intelligent by study, ventilate your school houses. If you want a spiritual feast from the preaching on the Sabbath, ventilate your churches, else you will be a dull and sleepy hearer of the truth. If you wish to preserve the lungs of your minister, lawyer, judge, or orator, and get an animated speech from him, give him plenty of the pure air of heaven. With air we breathe and live—without it we die. The young and old, the small and great, of all animate nature, breathe and live in the same atmosphere. It is food and medicine for all.

## THE HEART.

THE history and development of the heart has been of the utmost interest to mankind, from his creation to the present time. The law by which the heart is developed is rather curious. Before birth of the child it is characterised by its great weight compared with the rest of the body. At the end of the fourth or fifth week of intra-uterine life, it is so large that it seems to occupy almost the whole cavity of the chest.

There is no use for the lungs before birth; no air has entered them, and but very little blood; therefore the lungs are very small and in a collapsed condition. But the heart at the end of the third month of the embryo state, or foetal life, is about one-fifth of the weight of the whole body. At birth, however, it is only 1-120th of the weight. In adult life it weighs from seven to twelve ounces.

Before birth, there is a hole, aperture, or door through the heart through which the blood passes from the mother to the child, and from one side of the heart to the other. At the moment of birth, when the first breath is drawn by the child, this door or opening closes forever, and the mode of circulation of the blood is changed. The closing of the orifice mentioned, is generally perfect at birth, although in some few cases it does not occur; but in these the child seldom lives, and if it does, not

often enjoys good health, unless it has particular medical treatment, which physicians generally seem incompetent to administer.

The heart is the centre of the circulating system. It is divided into four apartments, two called auricles, the others ventricles, one right and one left of each. It lies on the left side of the chest, with its base or large end up. The left ventricle is much thicker than the right one—the former having for its office the forcing of the blood to all parts of the body except the lungs—the latter to the lungs alone. The strength or power of the left ventricle is equal to a weight of fifty-two pounds.

The powerful muscular contraction of the heart is so great that when placed on hot coals it will jump from four to six feet in the air! The heart of a rattle-snake or of a sturgeon will contract or pulsate for a long time after being taken from the body. The action of this organ is continued from seventy to one hundred and fifty years, or while life remains in the body. In some animals it performs its office for a much longer period than that mentioned; and, in old times pulsated in the human frame for several hundred years. Seemingly it never tires, laboring day and night with great endurance.

Diseases of the heart (which are various) have hitherto, by all physicians, whether of great or little skill, been considered as incurable. But it affords me happiness to be able to say to the afflicted, that I am prepared to perfectly ascertain the condition of and to cure any heart disease, by the aid of my invention—the Lung Barometer—and the administration of the proper remedies. By the light afforded by this in-

vention, the appropriate medicines for the particular disease can be prescribed with the greatest safety, and with perfect success. This, all persons troubled with any affection of this important organ should know. My Heart Regulator, for all diseases of this organ, and for fits, is without a competitor in the whole field of medicine.

The subjoined section of a heart shows the right and left cavity (auricles and ventricles) into which the blood is received, and from which it is expelled by the powerful muscles which surround them.



NO. 4.—SECTION OF THE HEART.

#### NO OTHER BOOK TEACHES THE USES OF THE LUNGS.

No book heretofore laid before the public has taught the true uses of the lungs. Many have been put forth upon the subject, filled with nonsense upon the nature and uses of these organs. The lungs are nothing but air cells, air tubes, veins and arteries. Each cell has a pulmonary vein leading to it, and a pulmonary artery leading from it, carrying to and from the heart all the blood in the system.

The strength of the body is not in the lungs, as some lung doctors have pretended, but, as I have proved, in the blood. The action of the lungs is partly voluntary, and partly from the control of the will. They assist to brace the chest and prevent it from falling in under the effect of pressure; but they have no power



to send air to any other organ or to assist the strength. The chief uses of the lungs are to aid in singing and talking, to act as a furnace in the combustion of the air, to purify the blood and to assist in generating animal heat.

Under a proper condition of the lungs, heart and liver, and when the person is in health, and even in some cases of consumption, the lungs are capable of great expansion. They will expand from ten to one hundred cubic inches in a day, without producing any injurious effect. This expansion, operating as it does upon the pleura, diaphragm, ribs, and abdominal muscles, has tendency to give a full chest, large lungs, and a beautiful figure; and if properly practiced even for a few months effects a great change in the flat and distorted human figure.

Previous to my invention of the Lung Barometer, physicians knew but very little about the nature and uses of the lungs; but by *guessing* and *experimenting*, they sometimes accidentally afforded relief to the afflicted, though often doing injury. To tell to a perfect certainty whether or not the case is consumption, or whether it is consumption of the lungs or liver, is beyond the skill of any one who does not use the infallible detector alluded to. Nor can the whole of the medical fraternity cure the various kinds of consumption without *experimenting*, until first an examination is made with the Lung Barometer. This I unhesitatingly assert from the experience gained in the treatment of twenty-five thousand cases of consumption, of every possible kind and form:—which is more than any other living physician has treated. Since the invention of the Lung Barometer, I am able to say—I am master of my business, which no other physician can truthfully assert.



NO. 5.—HEART AND LUNGS,  
WITH ARTERIES AND VEINS LEADING TO THE  
AIR CELLS.

1. Heart.
2. Pulmonary Artery.
3. Aorta—carrying the blood to the extremities
4. Air Tube, leading to the Lungs.

### ABUSE OF THE LUNGS BY INHALING TUBES.

THE abuse of the lungs by inhaling tubes is without doubt one of the greatest evils arising from any invention of man under the garb of effecting good. That extra inflation in some cases is healthful I do not deny; but the good or evil arising must depend upon the condition of the internal organs and *how* it is accomplished. All the good there can arise from the use of the inhaling tube must flow from calling the attention of the invalid to it two or three times a-day, and making him *think* it intrinsically valuable; when, in fact, the tube only enters the mouth; and extra inflation can be had without the tube, as well as with it, by the nose—thus getting

all the good that may arise, without danger of the injurious effects that sometimes follow the use of that instrument.

No extra inflation whatever of the lungs should be practiced, with or without inhaling tubes, for the reason that the diseased state of the lungs, heart, liver, stomach, and spleen may be greatly aggravated, and a cure rendered more doubtful, except there is first an examination made with the Lung Barometer. The grand starting point, in doctoring, or in any other business, is to first start right; and whoever disregards this great principle of action, is lost in doubt, perplexity and disappointment, followed by failure in ninety-nine cases out of a hundred. I assert boldly and from knowledge, that the advocates of inhaling tubes have no accurate scale or rule by which they can determine when to commence or leave off extra inflation of the lungs, or whether or not the lungs are deficient in air, or whether the various internal organs will admit with safety of extra inflation, or whether that course of treatment is needed. They may measure the chest with a string or the eye, without being more wise as to the state of internal diseases, than would a man who should attempt to decide what minerals were imbedded in the bowels of the earth by walking over the surface. The inhaling tube is dangerous to inhale air through, as it admits small particles of dust and contagious matter directly into the air-cells of the lungs, causing irritation and inoculating disease in healthy parts of the lungs, when the nose would act as a *filter*, purifying the air, and preventing both dust and contagious poisons from entering the lungs.

The inhaling tube often causes bleeding at the lungs, and produces dangerous ruptures of those organs and of the heart and liver. In cases of asthma, when the lungs are generally too large, its use is very injurious. It causes sudden death when there is an enlarged and dropsical heart, and by rupturing the liver and spleen when affected by grub; and induces disease from the inhalation of poisonous matter collected in a tube previously used by a consumptive whose lungs were badly diseased. By the use of such a tube, contagious matter is directly inoculated into healthy parts of the lungs, and thereby the whole system is poisoned.

Goose-quills, sticks with holes through them, tin candle-moulds, and a great variety of tubes made of all kinds of materials and in different shapes, some more and some less liable to collect dust and poison, have been resorted to with eager and anxious expectation of benefit, ever since the introduction of the instrument. But the whole of them are worthless, and decidedly dangerous, to say nothing of the liability to contract disease from the use of tubes used by other persons.

The whole mass of inhaling tubes should be carefully avoided. Physicians advocating their use have no right to hold up to the world the remarkable longevity of Thomas Jenkins, Flora Thompson, and others, who have never seen or used an inhaling tube.

There is no recorded evidence that any of the ancients were acquainted with the use of inhaling tubes, and yet it is undeniable that they attained to a much greater longevity than do the great mass of mankind at the present day. It is obvious that conformity to the natural laws that govern life and health, will do much more than all the artificial mechanical helps in the universe, in restoring and preserving health, where these laws are violated. There is not the slightest evidence that a single individual of modern times, who has attained to great or remarkable longevity, ever saw an inhaling tube.

It is at least, then, unfair and uncandid for any physician to hold these up to the

world as fair examples of longevity to which mankind may, and will be likely to attain, if they will use inhaling tubes.

For the examples to be relevant, it should be proved that the subjects, who have been adduced and held up to the public as having attained to a remarkable longevity, should, at least, have used this artificial help for the prolongation of life.

Still I do not claim that artificial mechanical helps may not occasionally be used to great advantage; but maintain that strict conformity to the laws of our own being, will accomplish more than all the artificial helps that have been devised by the ingenuity of man.

Gymnastic exercise for the cure of diseases was introduced among the Greeks about the time of Hippocrates; and among them were walking, riding, running on foot or horseback, recitation, talking loud, holding the breath, &c., for the cure of lung complaints: but the inhaling tube was to them a thing unknown; and well would it have been for the afflicted if it had never been thought of.

It may reasonably be presumed that if inhaling tubes were indispensable to the health and longevity of mankind, some such provision would have been made by Nature herself, and that the proboscidean member of the "human face divine" would have been extended enormously beyond its ordinary length, the nares have been vastly enlarged, so as to take in, at each inspiration, much greater quantities of air for enlarging and strengthening the lungs.

But as Nature has made no such extraordinary provisions, we may safely conclude that no such were needed.

### MAN'S STRENGTH IS IN HIS BLOOD.

THIS the experiences of both learned and unlearned men, for thousands of years, would prove; and still many are slothful to receive the great truth. If we can drain the blood from the most powerful of animals, he falls helpless at our feet. Drain the vital fluid—the blood—from the giant, and he becomes powerless as an infant. Age after age has proved this, in the slaughter of men and animals—yet many regard it not.

On the field of battle or at the bed of the sick, as you drain the vital fluid of life, either with the sword or lancet, the victim falls powerless before you. Need I ask the dead to declare from their graves that this is so? Has not God said that "the blood is the life of all flesh?" and did not Moses, David, Solomon and the ancient prophets declare this truth? Did not the bleeding side of Jesus when on the cross prove it? Let the physician think of this when he unsheathes his lancet to draw the balsam of life from the suffering sick! Let him think of it when he pretends that the strength of man is in the lungs, and that the inhaling tube and abdominal supporter are the only remedies for the prostrated sufferer! And let the emaciated invalid, with weak voice and feeble pulse, a hollow cough, a fluttering heart, a glassy eye, and a feeble step—trembling upon the verge of the grave—think of it. Where is your full vein? where the rich, pure and healthful blood? Where the blossoming of health upon your face? Like the widow mentioned in the Scripture lamenting over the corpse of her husband, you may exclaim—Alas! alas! the salvation of my face has departed.





No. 6.—THE EMACIATED INVALID.

As seen in the annexed cut, where the blood has become very thin, watery, and impure, for want of good and wholesome food, or from working, living, and sleeping in badly ventilated and lighted rooms, or from any other cause, so that it loses its rich color and nearly all its nourishing qualities, great emaciation of vital, nervous, and muscular fibre speedily follows, accompanied by a constant sense of languor of body and mind; while the brightest and purest objects that earth presents, tend rather to sink than to cheer the spirits of the dying invalid, from whose horizon the bright sun of Hope has been withdrawn, and set in darkness.

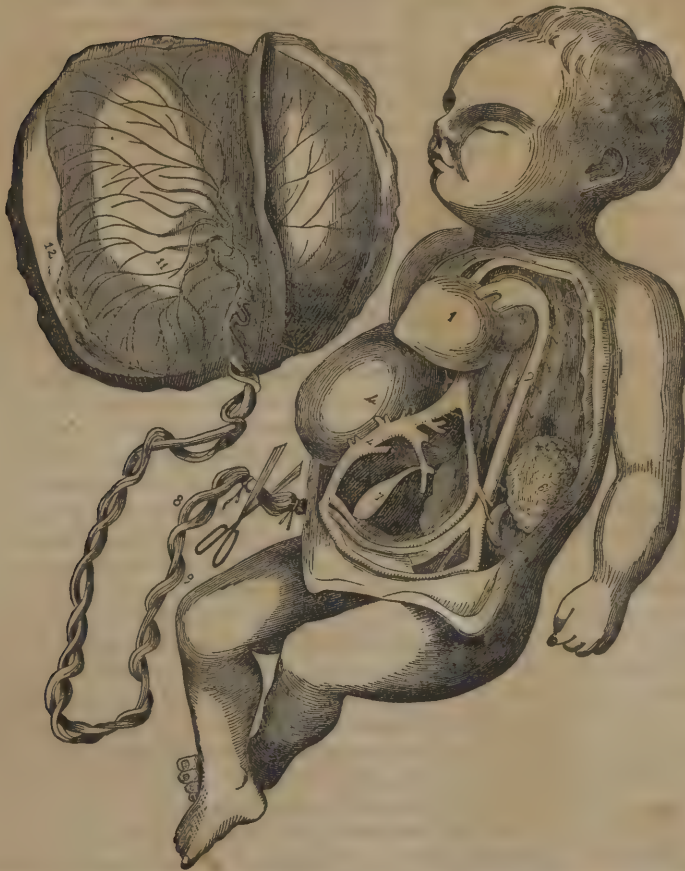
Believe, then, no more the deluding quack, but go to a physician who has spent a life-time in searching out the hidden secrets of health and long life, (which is in the

blood,) and can send the pure, animating blood to the brain, give the flash of love and beauty to the eye, restore the voice to the lungs, strength to the muscles, elasticity to the step, power to the heart, carry health to the cheek, and flesh to the emaciated frame. All this can be done through the agency of the *blood*, and in no other way. I have saved thousands from an early and untimely grave, while thousands of others have died, having had no access to my healing medicines or ever having heard of my successful endeavors, until too late, to heal and restore them to health and happiness.

[For further particulars on the blood, see under the head of "On the Blood."]

BLOOD NOURISHES THE CHILD BEFORE BIRTH, for when it is in the womb there is no digestion, and nothing but blood *can* nourish it. The lungs are small and inactive, and the stomach is not used; but the blood of the mother passes to the fetus through the umbilical cord, and then to the heart and liver. The liver of the child is quite large before birth, but diminishes in size at birth, when digestion in the stomach and action of the lungs commences. In old times it was advocated that the child actually nursed while in the womb; and many physiologists supposed, very strangely, that nipples were furnished to the child by the placenta or "after-birth," and that the child did really eat; but this whimsical notion was long since abandoned. Such a thing as nursing before birth could not possibly be.

The umbilical cord is to be tied in two places with a waxed string—one not less than an inch and a half to two inches from the abdomen of the child, the other an inch further along; the separation to be made half way between the two strings. When cut with the scissors, after being tied, one string saves the child from bleeding to death, the other the mother.



**NO. 7.—THE FŒTUS, SHOWING THE UMBILICAL CORD THROUGH WHICH THE BLOOD PASSES FROM THE MOTHER TO THE CHILD.**

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|------------------------------|-----------------------------|
| 1. Heart—large in the Fœtus. | 6. Kidney—large.            |
| 2. Aorta.                    | 7. Gall Bladder.            |
| 3. Lungs—small.              | 8 and 9. Umbilical Cord     |
| 4. Liver—large.              | 10 and 12. Womb.            |
| 5. Stomach.                  | 11. Placenta or After-birth |

The point where the scissors are seen shows where the cord is to be cut; the strings, where it should be tied.

### GRATIFICATION OF THE PASSIONS.

THAT the natural passions of mankind should be temperately and wisely gratified, is both natural and reasonable to infer from this fact, (if from no other,) that each organ of the system has its particular nerves leading to the brain, and its own representative stationed there, whose business it seems to be, by a law of nature

economy, to attend to the wants of the organ in the healthful gratification of its peculiar desire.



**No. 8.—NERVOUS TELEGRAPHIC SYSTEM.**

A back view of the spinal nerves connected with the organs and limbs, and with the brain through the spinal cord.

Also a view of a perpendicular section of the back part of the brain.

1. Cerebrum.
2. Cerebellum.

The brain may be described as a congress or assembly of phrenological organs, and the nerves as telegraphs, leading from the physiological organs to their respective representatives in the brain, as seen cut. Lung, liver, eye, ear, stomach, genital and other organs have their representative in the congress of the organs, and through that representative are their respective wants and natural desires made known. If the stomach desires food, Senator Alimentiveness moves the passage of a bill for the supply of a fresh lot of provisions; and though Senator Acquisitiveness may speak against such an enactment, the bill is generally passed without great delay, and hunger is appeased. Does man desire to be honored, Senator Self-esteem is desirous to procure the doing of some act which shall bring reputation and glory. Are children desired, Senator Philoprogenitiveness is upon the floor with loud demands for the enactment of a law favoring an increase of the population; to him the smiles of the infant are powerful stimulants, and neither he or Amativeness, or their masters, the genital organs, will rest in peace till the desire for offspring is gratified. They will not be comforted without children any more than would Rachel of old, when she said unto Jacob, "Give me children, or else I die."—Gen. xxx. 1.

Abraham and Sarah could not be content or satisfied until God had given them a child, although Sarah was ninety, and Abraham one hundred years old, when God gave them their desire, and they were pleased, and fell on their faces and laughed.—Gen. xvii. 17. How many males and females in this age of the world are dis-

contented and unsatisfied, who in their inmost souls cannot be sane, without having children, any more than Rachel, Abraham or Sarah.

If sexual intercourse is desired by the youthful or aged, Senator Amativeness is eager to have a law passed by the phrenological congress that the sexes may unite in sexual love, to gratify the finer feelings, perpetuate the species, and yield fruit unto God, who hath said, "Be fruitful and multiply and replenish the earth."



God hath declared children to be his heritage, and the fruit of the womb his reward.—Psalms cxxvii. 3. The gratification of the sexual passion keeps Senator Amativeness pleased and contented: so it is with the other phrenological senators; but it is more particularly so with Amativeness, for it is well known that animal electricity so abundantly accumulates about and stimulates that honorable personage—whether in the male or female of the human species, or among the brute creation—that he becomes perfectly unmanageable upon the subject, and often takes the whole phrenological congress by storm, seeks his sexual magnet and gratifies his desires, when he immediately cools down, and becomes as quiet and peaceable as ever.

It is well known that the sexes are magnetic, both of men and animals, and their connection in sexual love produces animal electricity, and throws off the semen or seed. An emission of the semen, in either men or animals, cannot take place without the power of animal electricity, either by a connection of the sexes, masturbation, or by a concentration of the mind in dreaming, throwing the electrical power upon the genital organs.

When the being is deprived of animal nervo-electricity of the sexual organs, there can be no erection nor any emission of semen; and without proper healthfulness and power of these organs, all other powers of the physical and phrenological organs will fall into a state of stupidity and become incompetent to the rightful discharge of their duties. In the strength and richness of the blood, and in the nervo-animal electricity in the nerves, lie the grand secret of life and action. They are the propelling powers of the mind and body; and man is successful or unsuccessful in proportion as he is supplied with them. The young man or woman addicted to the habit of masturbation can tell you of the debility, loss of energy, and the perfect worthlessness to themselves and society, that follow a too frequent loss of the semen and the animal electric power necessary to indulge in cohabitation.

There is no passion implanted in man but should have proper and temperate gratification, subject to the laws of our being and the dictates of reason. A rational gratification of the passions implanted within us by the Creator acts as a safety-valve to the system, and prevents many dangerous results that otherwise might follow. If any organ is constantly kept over-charged with nervous animal electricity, insanity or bodily disease will as surely result as would an explosion follow the accumulation of an undue head of steam in the boiler of an engine. But where the electricity is gently conducted away by its own magnets, every organ performs its functions with pleasure and precision, and in harmonious concord with its fellows.

The female receives the animal electric impression of the genital organs from the male, and the male from the female, in the act of cohabitation, by an electric emission of the semen. Rachel's natural passion could be satisfied only with a child; and so was it with Abraham.—Gen. xxx. 1. Paul's advice—an unfailing remedy for strong amativeness or animal electric heat of the genital organs—was, to marry. In 1st Corinthians vii. 9, he says, "it is better to marry than to burn."

Thousands of both sexes have shortened the number of their days upon earth by neglecting to gratify properly the natural passion, by connection with the opposite sex. (See Longevity by Marriage.) Others sink into an early grave from the effects of *artificially* producing electric emissions; (see Masturbation;) and still others from an

excess of cohabitation in the early months of married life, induced from the passions having become ungovernable by delaying sexual intercourse until too late a period. (See Onanism of the Married, or Quick Consumption from Marriage.)

Food satisfies hunger; water, thirst; property, acquisitiveness; music, tune; honor, self-esteem, and sexual intercourse, the organs of generation. Gratification is the *safety-valve* of the passion; and without it there must of necessity be an *explosion*. The heavenly planets seek their attracting magnets, and act in harmonious concord when obeying the laws of their nature; but if there should be a neglect to obey the natural laws of their several beings, the countless orbs that roll in the illimitable regions of space would be plunged in the chaos of confusion! And as it is with the planetary, even so with the human system. There can be no departure from the laws laid down by the wise Creator of all, but must result in more or less of confusion, discord and evil to the being.

Man, in all his organs, is created perfect by the hand of God, and no organ has been made in vain or without wise purpose and design. Each organ of the system in due time develops its own peculiar passion, which wisely calls for a natural gratification, in accordance with reason and obedience to the dictates of prudence; and he who would attempt to impede the just workings of any law established in the system, must act contrary to the intents of the Divine Creator, and in opposition to the health, happiness, and well-being of the creature.

God has not created any principle in nature, nor implanted any passion in man, which in its right workings is calculated to produce injurious effects. To suppose that he has is to impeach either his wisdom or his goodness of heart. No organ of the human system, or its passion, may be tampered with and unwisely controlled with impunity, but it should be indulged in the natural enjoyment ordained for it by God. The complete restriction from enjoyment of any of the passions implanted in the human being must sooner or later produce an injurious effect, and inevitably lead to insanity or bodily infirmities, and finally to death! (See Insanity, how induced.) It is a violation of the *laws of nature*; and when these laws, whether in the animal or chemical world, be broken over, the punishment of the transgressor is certain and severe.

This view of the matter is neither fanciful or unphilosophical; it is the *correct and real* view; based upon common sense and reason, proved by the experience of ages, and established by the testimony of the Bible. If we attempt to confine the electricity that is in the atmosphere beyond a due measure of power, it will break the bonds we have placed upon it, and launch forth, to the imminent danger of our lives; and if we attempt to put too great a restriction upon the *nervo-electric* fluid in the human system, it will be certain to burst forth in rage upon some innocent victim, or to shatter the system itself with the throes of its impatient desire. To *restrict* within the bounds of reason is both wise and prudent; to *restrain wholly* is contrary to nature, and dangerous in the extreme.

The passions of animals are gratified; and there is in all the history of the world no proof that injury has followed from obeying the dictates of nature in this respect. When the sexual desires of animals are developed, they are gratified; but mankind are restrained by custom and teaching from marriage and indulgence in sexual love till 25 years of age, when puberty commenced at 12 to 15. The animals have no venereal diseases, because of natural gratification of the sexual de-

fire; but mankind, being restricted, burns into passion and violates the command of God by plunging into prostitution, which is cursed with loathsome diseases.

Generally speaking, the laws, customs and habits of society do more towards the deviation of men from the paths of virtue than the natural desires within them. This is proved by the records of crime, the statistics of prisons, and of asylums for the insane and poor, to be beyond doubt or question. In some future age, the laws and customs of society may be arranged upon physiological and phrenological principles, and adapted to the legitimate wants of man and the proper gratification of his natural desires and passions. Could this be so, there would be more happiness for the race than is now enjoyed. But there are a few high-priests of the schools of law, medicine and mental philosophy, who will attempt to dictate for a while longer. Let our children be encouraged in their natural desires, and schools of education and mechanical trades be established to phrenologically suit all, and give all a chance to become men and women in the world, and crime would cease to blot the pages of history, and our lunatic asylums be left destitute of inmates.

#### EDUCATION AND DISEASED BLOOD AT WAR.

MUCH of the popular education of the day, based upon erroneous views of the science of phrenology, is at variance with the infallible teachings of experience and contrary to the established truths of medical science. Acting upon the rules laid down by those who make of phrenology the all in all to decide upon the character of man and the treatment he should receive, people are apt to overlook the effects produced upon the mental being by the diseased or healthy state of the system. Nor do parents, nor the teachers in our schools, nor our ministers, always escape the same condemnation.

Upon the state of the body, as regards health, is dependent much of the *every-day*, and no little of the *permanent*, condition of the mind. So intimately and closely connected is matter and spirit—so woven together, and made as it were parts of each other—that it may be set down as a rule from which there are few if any deviations, that if the body is diseased in any vital part or portion, the mind will be diseased in connection therewith. Particularly will this be found to be the case when the *blood* is “out of order.” We may regard it as certain, that if the blood is seriously diseased, the brain will be badly affected thereby, and the character of the individual, for a longer or shorter period, be materially different from what it would otherwise be.

From this it follows as a necessary consequence, that to decide of the character from the sinuosities of the skull with any degree of certainty is a matter entirely out of the question. And he who would attempt to base his education of a child upon a decision thus made, without having regard to the impressions the mind has received from the state of health of the body, is committing a most grievous error. If, as we have proved, the life of all flesh is in the blood, the blood must be the life of the brain, and therefore the brain must be affected by the blood, and the character in a greater or less degree dependent upon it.

The first step to be taken in education, or in the treatment of the insane, is to set aright the health—to purify the blood and restore the physical system to order. When suffering from irritation the mind is incapable of acting in its *full strength and*



*clearness*—no matter from what cause the irritation may proceed; whether it be from a pin thrust in the leg, the want of food in the stomach, a fever in the system, or a neglect to gratify rationally the appetites and passions. And when under the effects of these or other existing causes, the character of the individual is so governed or modified by them that phrenology cannot fathom it or decide upon its quality.

The body and mind reciprocally affect each other; whatever invigorates the body renders the faculties of the mind proportionably active and strong; what depresses the strength, lessens the spirit, (See in tables of Causes of Insanity,) the resolution, and the more active intellectual faculties, although the phrenological organs may have the same size and appearance. The circulation of the blood and the nervous electricity unite the soul with the body, and govern and direct its operations; with the circulation of the blood, the vital functions continue; they vary and cease to be according as the circulation varies or ceases. To preserve, then, the faculties of each, we must attend to the health of both in connection. And it follows from this that upon the diseased or healthy condition of the vital fluid much more of the character of man must depend than upon the size of his phrenological organs. If decided upon at all, the character must be pronounced upon from the phrenological, the physiological and the nervous being in connection; and all these governed in a great degree by the state of the blood in the system.

Phrenology, in the estimation of a modern school of mental philosophers, is the one great science connected with our being, by the aid of which we may determine the whole character of man, and guide him in safety through the world. But this school of philosophers has become over-zealous, and in their labors for their favorite science have overstepped the truth as established by the experience of ages.

Phrenology can teach us the location and comparative size of the different phrenological organs; but as to deciding with certainty upon the character of the individual, it *cannot*; for, generally speaking, however learned the phrenologist may be in his favorite science, he knows little or nothing of chemistry or medicine; a knowledge of which it is essential to possess in order to become fully capacitated to decide upon the mentality of the subject, or to attempt his education, or to decide what in his character he should strive to overcome, and what to increase.

The condition of the blood has been entirely overlooked by the fathers of phrenology. Their science is *wholly* founded upon the *bumps*; and education of the organs is with them the great thing to produce a change of character. But how, allow me to inquire, can an organ be educated by force of will when it is acted upon and governed by diseased blood, or electric fluid, until these are first set right? Or how can we decide from the size of the *bumps* upon the proper education of a child, when, from a diseased state of the vital fluid, the passion which a particular bump decides as *weak* manifests itself in the actions to be uncommonly *strong*? It is here that phrenologists have gone beyond wisdom, and are teaching contrary to the truth. They should retrace their steps, or the experience of future years will place the seal of disapprobation upon their favorite science. They have embraced a fatal error. To give full force and weight to their science, they must know whether there has been deformity in the development of the organ or not, whether the natural desires and passions have been wisely and rationally gratified, and whether or no the *nervous* electric fluid be diseased or the blood impure. And if they attempt the edu

cation of an organ without first knowing these things, they proceed ignorantly and dangerously.

It often happens that when the physical constitution is out of order, men who have hitherto been remarkable for their noble qualities of mind, manifest the most ungovernable evil passions. The condition of the physical being has in these cases overcome the strength of the moral phrenological organs; and it is by no means a matter of rare occurrence that such a state continues for a season sufficiently long to place the character of the subject in direct opposition to that phase which the size of the phrenological organs might seem to indicate to exist.

When the derangement and inflammation of the moral and religious organs of the greatest and best of men takes place, as frequently happens, they sometimes use the most profane language imaginable; and even where intellect is not dethroned, they frequently manifest but little religious inclination, and often a peevishness, and irritability, and unkindness, wholly inconsistent with the Christian character, and with that of their own, when in health. To attempt to educate persons in this condition, without medicine, is absurd and irrational. How important that moralists and religionists should sacredly guard their health, and do all in their power to preserve it, if they would not suffer loss in their moral and religious feelings.

If, then, as I have shown, not only the every-day, but the *permanent*, character of the individual is more dependent upon the state of the blood and the nervo-vital fluid than upon the size of the phrenological organs with which the subject happens to be born, of what vast importance it is to the individual and to society that the blood should be kept in a state of health, and the body in a correct condition. This should be the *first* subject of consideration; and it should be considered *understandingly*, and without being led astray by false lights hung about these important sciences connected with mind and matter.

Be he king or president, governor or statesman, lawyer or divine, physician or scholar, general or soldier, merchant or sailor, mechanic or laborer—no matter what the station or calling of the individual—no matter what the condition or sex—no matter what the age,—the *health* should be attended to—the *blood* should be kept good and pure; else both body and mind will be suffering in weakness and agony. Consider this as worthy your *first* attention, and hasten to avail yourselves of the great vegetable remedies which God has provided, and medical skill prepared for your restoration to health and happiness; for thus, and only thus, may you attain to fulness of days and fulfil the duties of your station.

## NO BOOK TEACHES THE TRUE CAUSE OF INSANITY.

THE brain, although the most important part of man, has never received that attention from medical men which it deserves. The brain is an assemblage of organs, whose business it is to answer the calls of nature and attend to a rational gratification of the desires and passions of the various members of the body. The desires of the members of the body are communicated to the brain by the nervo-electric fluid, by means of the nerves. When the wants of the various members are made known, the organs of the brain act to reasonably gratify the desire, and in its proper and legitimate gratification all the organs experience pleasure and delight.

But when any member of the body transcends its duty as established by nature, and oversteps a proper path, there is tumult in the assemblage of organs, and interference on the part of those not especially connected with the offending members. So that, whether there be *over-gratification* or neglect to *gratify properly*, there is discord and variance in the brain, which lead to disease and frequently to a disorganization of mind and matter.

The fact of this phrenological congress of organs existing in the brain of man to act over and for the various members of the body, is a powerful argument in favor of the American form of general government, pre-eminent over all others ever established, and which must endure through all ages of time, because of the great natural and correct principles upon which it is based—which is a congress from the various parts acting in concord, the same as the phrenological organs act for the body. The fact of our government being founded upon this great natural principle presupposes an existence as interminable as the continuance of harmony, and destroys all the vain hopes of the monarchist against its permanence; even as the hopes of death are disappointed while there is harmony in the brain and the natural wants of the various members receive proper hearing and attention.

The quality of the blood in a great measure decides the character of the man; and if the blood be pure, rich and healthy, each and every member of the body will be healthy.

The blood has never been supposed, until recently, to affect the mind, either when it was in a healthy or diseased condition. But it does strongly affect it. The brain, in the intelligent person, is greatly charged with phosphorus, though in idiots it is not. The intelligent and nervous become insane, but idiots do not. The brain contains more phosphorus than any other part of the body of equal size, and is susceptible of greater electric action than any other substance. The substances containing the most phosphorus are subject to the greatest action—being acted upon most powerfully by electricity. The electric nervo-vital or nervous fluid passes in such rapid currents to the brain when any of the members of the body are heated with passion, and acts so powerfully upon the phosphorus of the brain, that it becomes convulsed and sometimes disorganized, and reason is dethroned, unless the particular passion of the organ causing such convulsion is gratified. And this convulsion (or derangement), will continue until relief is had by a gratification of the passion or the effect of medicine. Thus, insanity may be caused by one or any of the passions of the phrenological organs; but its reasonable and proper gratification will prove a safety-valve, and the evil thereby be averted.

In cases where the insane can be gratified with the enjoyment of what caused the derangement, the disease will generally more readily yield, and work out its own cure; but unless assisted by remedial agents, in those cases where gratification cannot be had, the nervo-electric fluid will not stop convulsing the brain, and a cure is rendered more uncertain. With proper food and treatment, insanity in ninety-nine of an hundred cases can be cured; but not by the course ordinarily pursued in medical treatment.

The cause of insanity, then, is from the brain, (which is filled with phosphorus,) becoming over charged by continued shocks of the nervo-electric fluid, (arising from an intense concentration of the mind, or the warring of an heated passion, or from any other cause sending too much nervo-electric fluid to the brain,) acting upon the phosphorus of the brain.



Having explained the cause of insanity, I now shall prove its correctness from the following table, exhibiting the average proportions of substances entering into the composition of bone, muscle, blood and brain.

	<i>Bone.</i>	<i>Muscle or flesh.</i>	<i>Blood.</i>	<i>Brain.</i>
Gelatine, . . . . .	30	7	0	0
Albumen, . . . . .	0	22	3	7
Ormazome, . . . . .	0	0	2	1.5
Phosphate, sulphate, and carbonate of lime, also sulphates, muriates and phosphates of soda, potass, ammonia,	70	2	12	6
White fatty matter, . . . . .	0	0	0	5
Free phosphorus, . . . . .	0	0	0	2.5
Water, . . . . .	0	69	83	78
	100	100	100	100

From this table we perceive, that the only difference between the composition of the brain and the rest of the body, is the presence of white fat-like matter and phosphorus; but, as the fatty matter is composed of the same elements as the ordinary flesh, differing only in proportion, it remains conclusively that phosphorus alone gives the brain its peculiar qualities and action. Galvani, an Italian Professor of Anatomy, in 1791, discovered in his experiments, that frogs and fish were greatly excited and convulsed by a spark of electricity from the battery—they containing a great portion of phosphorus. It is also a fact that the proportions and variations of phosphorus in the brain are found to correspond with the differences in the characters through life; as I have said, idiots have very little,—lively and intelligent persons have much. Through the whole animal and vegetable worlds, the degree of susceptibility, sensibility, vitality and power is evidently owing to, and has been found to correspond with the proportion of phosphorus in their composition.\*

The following are the *actuating* causes producing insanity:—

Ill health, various kinds,	Inventions,
Intemperance,	Hard labor,
Loss of property,	Tic Doloieux,
Disappointed affection,	General debility,
Intense study,	Want of employment,
Domestic difficulties,	Mortified pride,
Fright,	Celibacy,
Grief—loss of friends, &c.,	Anxiety for wealth,
Disappointment, ambition,	Use of opium,
Intense application to business,	Use of tobacco,
Religious excitement,	Puerperal state,
Political excitement,	Nursing too long,
Metaphysical speculations,	Tight lacing,
Want of exercise,	Excessive sexual intercourse,
Engagement in a duel,	Injuries on the head,

Stock speculations,  
 Periodical cases,  
 Hereditary cases,  
 Costiveness,  
 Jealousy,  
 Trouble with children,  
 Indulgence of temper,  
 Old age,  
 Jaundice,  
 Cancer,  
 Paralysis,  
 Love affair,  
 Animal magnetism,  
 Spiritual rappings,  
 Epilepsy,

Masturbation,  
 Mental anxiety,  
 Exposure to cold,  
 Sun struck,  
 Intense heat,  
 Fits,  
 Heart disease,  
 Anxiety,  
 Dyspepsia,  
 Fevers,  
 Grub in the brain,  
 And various other internal and external causes bearing heavily upon the mind and body.

Although considerable attention has been paid to the subject of insanity, it has not received that amount which it deserves. More adequate provision should be made for the restoration of those persons. At present, in the United States, the benefits of asylums are extended to about 4000 persons continually; but it has been found that the total insane population of the country is over 23,000! So that, though much has been done, there is much more to do.

By examination of the reports of lunatic asylums throughout the country, we shall find that all classes and conditions of people are represented in the hospitals for the insane, and that persons of all ages are liable to this grievous affliction, although the difference in age is very great. The greatest number of cases of insanity occur between the ages of 15 and 35, and particularly between the ages of 20 and 30. Persons may be attacked at any season of the year; though the debilitating months of summer and the changes of weather in fall and spring, have a tendency to add to the numbers of the afflicted. The cases of insanity among the unmarried are much larger in proportion to the whole number than among the married; and among the males, larger than among females, and among widows larger than widowers.

In the dispensations of the wise Creator, it seems to have been established as a law from which there is no deviation, that if mankind, either by neglect or improper action in eating, drinking or otherwise, allow the system to become diseased, they shall receive punishment in pain and sorrow. But if there is a bane, let us be thankful that there has also been provided antidotes, which, by the labors of the physician, and the skill of the master mind, are made subservient to the wants of man in the prevention and removal of disease. To these, in trouble, the sick man turns his thoughts and learns their efficacy for his relief.

Is insanity threatened you by an impure state of the blood, fail not to notice, that in the great blood medicines, which I have had the pleasure to prepare for the relief of the unfortunate, you may find fortification against disease and be spared days and months, perhaps years, of sickness and sorrow.

## NO BOOK TEACHES THE CURE OF CONSUMPTION.

THE great number of deaths from this destroyer of the human race, and its rapid increase, call with trumpet voices for the genius of some son of Adam to devise means for the dethronement of its power and provide an antidote against its baneful effects. The fact that the entire archives of medicine have heretofore afforded no clue to the cure of this disease, and that physicians from the earliest days of the science to the present time have been wholly incompetent to combat successfully this destroyer, called forth the author into the field of medicine, and induced the publication of this volume, and a series of lectures on health, which treat upon the prevention, causes, and effects of diseases and the remedies for the ransom of the sick and afflicted.

The reason why we have heretofore had no treatises teaching the cure of consumption is, that there were no means of determining the different kinds of consumption or its exact location or condition; consequently medicines were given as *experiments*, and in doubt of their effects, and therefore physicians could not but get discouraged and give up their labors in perplexity and doubt. And all this class of complaints was turned off under the wholesale name of consumption, and called incurable.

Before the invention of the Lung Barometer, I labored under the same difficulties as other physicians; but I determined to overcome those difficulties or die a sacrifice in the cause. I kept my mind constantly upon the subject, at all hours, whether eating, attending to business, or in times of leisure; and after six or eight years of application and intense study I succeeded in producing an invention, by the aid of which, in all cases and under all circumstances, I could determine to a perfect certainty the true nature of the different kinds of consumption; and then I could administer the medicines suited to each and every particular case. I could take hold of a case of consumption *knowingly*, and ascertain daily and hourly its nature, and whether the disease was increasing or decreasing. And if it changed from one form to another, or from one organ to another, I could follow it untiringly and certainly, until it was eradicated from the system.

While other physicians are content with jogging along in the old track, and class all the deaths which they cannot prevent as "providences of God" that cannot be helped, I am one that objects to such neglect of the means placed in our hands by the Deity; I boldly declare that doctors can cure each and every kind of consumption, if they will only come forward and arm themselves with the proper remedies, and relinquish their old superstitious notions.

I am annually curing numberless cases of consumption, and saving from the grave thousands of the most lovely ladies and noble men. It is usually this class of persons that fall victims to the scourge of this disease:—"Death loves a shining mark." Physicians, where not selfish, are constantly sending their most difficult cases to my care, and availing themselves of my books and medicines; and even express their inability to treat these cases with success—which I have always known, without their acknowledgment, from examination of the bills of mortality from this disease. But it affords me pleasure to be able to say that since the invention of the Lung Barometer, in all communities where consumptives generally have made application to me, the number of deaths from this scourge has materially de-



creased. Let not, therefore, any say or think that consumption is incurable. Genius has invented a detector, Nature has furnished remedies, and Science has prepared them for the saving of the people. Avail yourself of these, and your redemption from disease is certain; neglect them, and you may be the *next* victim to fall before the insatiable destroyer.

### HEREDITARY DISEASE.

"Visiting the sins of the fathers upon the children of the third and fourth generation."

THE transmission of disease from the parents to the child is the cause of much of the infirmity that afflicts mankind; but so seemingly reckless are people generally of the welfare of a being *yet unborn*, that they pay little or no regard to the effects that may follow to their offspring from the indulgence by themselves in the follies of fashion and in the vices of life. If they have a care at all, it is for *their own* well-being—the creature that is yet to be is not considered in their estimates of effects following causes; and of consequence we find that misery in both the corporeal and intellectual man or woman is the *inheritance* of thousands, and often the only one they receive!

It is universally agreed by all who have paid attention to the subject of physiology, that a vigorous and healthy constitution of body in the parents will communicate the most perfect state of existence to the offspring; and that if the parents be diseased, enervated, or suffering from bodily infirmities, not the result of violent action, their children will be likely to be wanting in strength and vigor, or be lacking power in some organ. The transmission of diseases from parents to children is a matter of universal notoriety; consumption, gout, rheumatism, scrofula, and insanity, are well known to descend from one generation to another; and so also do deafness and blindness. These last are often hereditary defects; they have been known to exist in a family successively for upwards of a hundred years. Parents frequently live again in their offspring. A celebrated French writer, speaking of the family of Guises, says—"for generations they were alike; they were all six feet high, and with the same features."

In regard to the transmission of bodily qualities, it has been noticed even in the growth of supernumerary fingers and toes and other like marks. Maupertius mentions that in Germany there were two families who had been distinguished for several generations by six fingers on each hand, and the same number of toes on each foot.

The causes which may result in the transmission of disease to the offspring are many and varied. In the hope of opening the eyes of the negligently blind, and calling the attention of the indifferent to this important subject in medical science, I will speak briefly of a few of the more prevalent inducing causes of hereditary disease, and of the mode of its transmission.

The *first* and *great* cause of the hereditary disease found in children is in the impure blood and unhealthy system of one or both of the parents; and were the health of the parents what it should be, no complaint of mind or body would be entailed on the offspring.

One of the more immediate and a frightful cause for the entailment of disease

upon offspring may be found in the improper modes of dress, prescribed by *fashion* and followed in foolishness by both ladies and gentlemen in this country—particularly the former. Bad habits in dress sooner or later prove detrimental to the health and welfare of a people. Tight lacing, and the wearing of heavy shirts that press down the bowels and derange the womb are prolific causes of complaints that are transmitted to the unborn child, and for which, in its years of breathing life, it often suffers more than its sinning parent. It is through these and similar mediums that the iniquities of parents are visited upon the children unto the third and fourth generations! They should be carefully avoided. The voice of reason rather than the voice of fashion should be hearkened to—comfort and health to both the living and the unborn should be more considered than the whims of pecuniarily interested mantua-makers and tailors. It is by no means contended that people should not dress comfortably and beautifully and in accordance with the requirements of civilization. This can be done, and no injurious effects follow. It is *uncomfortable* and *ungraceful* costumes, and *uncomfortable* compressions of the body, destroying the *beauty* as well as the health, with which the welfare of offspring is at war.

Another source from whence is derived hereditary disease is the bad habit of eating and drinking improper articles, and of partaking of the "good things" of life to repletion. From these causes arise impurities of the blood, (manifesting themselves in gout and kindred complaints or in offensive sores,) which impurities affect the semen of the father, and are also conveyed from the mother through the umbilical cord, by which means the "life of the flesh" of the child is poisoned and he becomes possessed of the diseases of his parents. Care, therefore, should be taken about what we eat and what we drink, and in what quantity, that the blood may be kept pure and healthful, and both ourselves and those who shall come after us be saved much of suffering and misery.

A most prolific cause for the production of diseases to be transmitted to children may be found in the debasing habit of masturbation, indulged in by hundreds of both sexes, who take hold of and continue in the practice till both body and mind are wrecked, because not being married they do not find gratification of the natural desire in the legitimate manner ordained of God. The effects of this habit, both upon the person himself and upon the child that is born to him afterwards, are terrible. By it the whole system is reduced to a perfect wreck of matter, without strength and without power to act, and the mind is tumbled in confusion and chaos—plunged in the darkness of insanity. From a parent thus conditioned, how can it be reasonably supposed there should emanate an offspring aught but a libel upon the human being as God designed him to be? It is impossible that it should be otherwise. The man or the woman who has pursued this habit of masturbation till the grave yawns before the eyes, is no more fitted to generate a child, than are the icy mountains of the frozen zone for the production of the fruits of the tropics. (See under head of Masturbation.)

*Excessive* sexual intercourse, or tantalizing the passion, and suppressing emission, (generally induced by too long delaying marriage,) are still other sources from whence originate evils to the system to be handed down to the children. The effects of these are similar to, if not exactly like, those arising from masturbation; as injurious to the system, and as hurtful to the offspring. They should be guarded against. "Be temperate in *all* things" was a wise injunction of the Apostle Paul, and one which we shall do well to follow. (See Sexual Onanism, or Pollution.)

And still another cause is found in the inducing of pregnancy when in a state of beastly intoxication. Offspring germinated when one or both of the parents were in this degraded condition are often born with an inordinate appetite for the intoxicating cup, and not unfrequently *idiotic*—they seeming to take the stupid and unintelligent condition of the parent at the moment of conception. It therefore behooves those who will indulge in the unpardonable folly of stultifying the senses with strong drink, that they should not, unless using the Male Safe or Prevention Powder, indulge in cohabitation while thus situated, lest they entail misery or idiocy upon the child that shall be born to them.

Ladies suffering from leucorrhoeal difficulties and womb weaknesses will find oftentimes that their children born while they are thus diseased will inherit bodily infirmities. Conceptions at these seasons are like to the wheat sown upon stony ground, which sprung up, but having no nourishment, withered away and died. It would be the part of wisdom to abstain from intercourse while thus conditioned, and betake themselves to the means afforded to produce a cure. Otherwise the effects upon children will be such as no parent, with the feelings of a parent, would like to contemplate or transmit.

A further cause for the transmission of diseases may be found in the prostitution of females, and in the distempers so common among that class of our population, and so frequently contracted by those who visit their vile abodes. These diseases, often inoculated into the blood, become secondary, and are thence transmitted to children, upon whom we often see manifested the horrid effects of syphilitic poison. If for no other reason than this, the home of the harlot should be avoided, and a rational gratification of the desires be sought through the holy and refined institution of marriage, ordained of God for the health and happiness of man. While prostitution lives and scatters the seeds of distemper and death, and contaminates the world, a fruitful cause of hereditary disease will have being among us.

And a still further, and I may say a wonderfully prolific source from whence flows hereditary distempers, is the poisonous mineral medicines dealt out needlessly to the sick by the members of the "regular" profession. These poison the blood, weaken the system, unstring the nerves, deaden the intellectual faculties, and render the whole body liable to be easily affected by all baneful and pestiferous outward influences—such as taking colds, running into consumptions, and kindred complaints. Mineral medicines generally induce more disease than they can possibly cure; and bodily affections created by them are readily transmitted to the offspring. Therefore, and because of the fact that there is no good effect arising from their use that cannot be derived from some vegetable production which will leave no evil results behind, they should be discarded and kept out of the system. There are enough, certainly, of aggravating causes for the entailment of grievous physical burdens upon future generations that cannot be so easily avoided, without continuing to include *this* among the number. I therefore can do no less than caution my readers against their use. If the "regular" physicians would cast in the street their calomel, and other mineral poisons, a great cause of hereditary disease and liability to colds, would be banished from our midst.

Parents disposed to consumption, to insanity, and to many other ills which grow from impure blood, transmit their diseases to their children. To prevent this deplorable result, and to save their children from the afflictions that otherwise will be sown in



their systems, they should *become whole* themselves and have their blood renovated and restored to a state of purity. The health and the happiness of unborn nations of men and women demands this at the hands of the living generation. Let them see to it that this is done. It requires no *sacrifice* on the part of the living for the benefit of the unborn, for by the healing of *themselves* only can safety for those who are to come after us be ensured. For this nature has furnished the materials, that by partaking thereof the people may be healed.

Hereditary diseases may be partially cured in the child by the use of the proper medicines; but were the blighting *first cause* removed, hereditary complaints would inevitably die a natural death; but until this is done they will continue.

### EARLY MARRIAGE AND LONGEVITY.

"Whoso findeth a wife findeth a good thing, and obtaineth favor of the Lord."—Prov xviii. 22.

Of late years we have had put forth from the teeming press numerous works upon the important matter of marriage, examining it in all its various phases, and volunteering much advice upon the *proper age* of entering into the state of wedlock. In reason there should be needed no advice upon this point; for it would seem that nature in her wisdom had given the whole animal creation—man included—infallible and correct teaching upon the subject. But inasmuch as the wise Solons of this latter day and generation have seen fit to put forth their views contrary to *nature* and the teachings of God in His revealed word, I may be pardoned for expressing my ideas upon the subject, (which will be found in accordance with Scripture and nature,) and of attempting to show the unsoundness and fallacy of their opinions.

Many of our popular (?) phrenological and physiological writers, teachers, and would-be guardians of public virtue, hold forth that marriage should be put off by the male till he has arrived at the age of twenty-eight or thirty years, and by the female till twenty-five or twenty-seven!—because, as they say, earlier marriage will enervate the system, lead to a deterioration of the human race mentally and physically, and induce disease in various forms. Now, if I understand what these people mean by not marrying till the age they in their wisdom prescribe, it is this—that the natural passions of amateness and philoprogenitiveness implanted in every member of the human family by a wise Creator, should be entirely suppressed until the certain period of life which they appoint; that there should be in no manner a gratification of the natural desire; for certainly these men would not wish us to understand them as meaning that the passions of man should find gratification clandestinely and illegitimately, out of wedlock, and in the lazar houses of corruption that lay, like putrid sores, upon the system of society; in the bed of the diseased, blasphemous, abandoned and reckless courtesan, from whose heart all feminine beauties have fled, and on whose face the blush of modesty is never seen. Nor that the natural desires and wants of the female should find gratification out of the pale of marriage, where shame and derision from every quarter await her exposure, or unrestrained licentiousness brings its train of mental misery, barrenness, disease and untimely death. No; God forbid that we should interpret

them *thus*. Nor can it be believed that they mean to say that the debasing habit of masturbation should be resorted to and followed for ten or twelve years by the whole human family, that by a discharge of the secretions in that unnatural manner the desire for cohabitation may be quelled and smothered. Certainly not; therefore it must be that *suppression* of desire is the doctrine they would teach.

This being the case, it behoves us to candidly inquire, to carefully investigate, to examine in reason, and ascertain from facts, the *effects* that legitimately and inevitably follow a prolongation of celibacy to the periods of life these writers make mention of. The subject is important, considered in any view, whether as regards the health of individuals, the virtue of the people, the happiness of the race, or the spiritual salvation of those who may be affected by the teachings we have alluded to. At the creation of man God implanted in his system certain desires and passions, to the end that through them and by a rational gratification thereof he might enjoy life, drink the sweet waters of love, and propagate his species. And it is only by this rational gratification that life can be made worth the living, or the race be continued. If we hunger, God designed that we should eat; if we thirst, that we should drink and be satisfied. And if hungering and thirsting we eat and drink not, evil is sure to come to us.

Exactly so is it with any other natural desire within us. It is wisely ordained that the sexes should have desire one to the other, and if this ordination is not followed ill effects are sure to come, as examination will show us.

One of the sad results legitimately following a prolongation of celibacy beyond the period designed by nature, is masturbation. This the reports of hospitals and lunatic asylums, and the testimony of physicians, and the shattered frames of thousands of victims incontestibly prove. The report from the New York State Lunatic Asylum, for the year 1850, shows that out of 816 cases of insanity 107 were caused by masturbation!! being a little over  $\frac{1}{8}$  part, or about 17 per cent. Reports from various other institutions throughout the country for a series of years show a percentage of masturbators ranging from 5 to 22 per cent., or an average of about 17 per cent. of the number of insane!! It is well known that there are thousands of other cases of insanity arising from this cause which never come within the observation of the asylum officers; and many cases of insanity ascribed to other causes arises from this prolific source. The total number, could we obtain them, would present a catalogue frightful to contemplate.

It has been ascertained that amongst 411 male patients admitted to the Colony Hatch Lunatic Asylum, England, there were 170 married, 208 single, 25 widowed, and 8 not ascertained. Amongst 669 female patients admitted, 180 were married, 356 single, 109 widowed, and 24 not ascertained. These instances may be cited in addition to the many existing proofs of the tendency of "single blessedness" to foster insanity, especially among the female sex. Who would not get married after reading such evidences? Every bachelor, and every unmarried lady, should keep this fact constantly in mind, and whenever they find themselves going in favor of celibacy, should turn it over and admit that they are half crazy already!

Insanity is not by any means the only result of masturbation. It is a most fruitful cause of the monster consumption. Inducing, as it does, finally, emissions of the semen that cannot be controlled, both in waking hours and in sleep, it exhausts the nervous vitality, wrecks the whole frame, and frequently sends the victim to an early grave. And if this result is escaped, the system is so enervated and reduced

that the offspring of after years will be found to be sickly and weak—inheriting infirmities from the parent. In the treatment of 25,000 cases of consumption, I have found that the number arising from masturbation is 25 per cent.

Besides insanity and consumption, numerous other evils to the system follow from masturbation [for which see article on this subject]. And of all these the FIRST CAUSE is *prolongation of celibacy*; for had the person wedded at a proper age, and found in the undefiled bed of marriage that temperate gratification which *God and Nature designed he should have*, his passion would not have driven him into the debasing and destructive vice. And upon the heads of those who advise the delay of marriage to a later period than Nature designed must rest much of the sin of this vicious habit.

Prostitution, with its train of attendant evils and festering sores, is another sure and certain fruit of delaying marriage, which follows for the same reasons as masturbation. From the police reports of London, Paris, and New York, where prostitution thrives with luxuriance, we find that nine in every ten, or 90 per cent., of the prostitutes embrace the degrading trade of the harlot before arriving at the age of twenty, and thousands commence this life as early as fourteen or fifteen years, or soon after the development of the sexual passion. This fact speaks strongly of the danger of delaying marriage; for had these females married at an early age, and found gratification of their strong natural desires in wedlock, the appetite would have been appeased and they saved from disappointment in love and the life of the harlot. To give a faint idea of the extent of this evil (mostly arising from the cause mentioned,) we might state that at one time in London, according to Dr. Ryan, Dr. Campbell, and Mr. Tabolt, every fifth female between the ages of fifteen and fifty was a harlot!! In New York at one time the proportion was about the same; and at the present day it is as large as one in every eight to ten!

Another evil arising from prolonged celibacy is the *shortening of human life*. This is conclusively shown by census returns, to be the case in all countries!—a direct and pointed contradiction of the theories and teachings of the self-constituted almoners upon the subject of marriage. The institution of marriage is a *healthful institution*—it is a prolonger of the days of man upon earth.

From statistics in four successive Registration Reports of the State of Massachusetts, it appears that the average duration of life after 20 years of age of those who die without having married is 15.82 years for the males and 25.60 for females; of the married 34.61 for the males and 24.77 for the females; of those dying in widowhood 53.94 for males and 53.67 for females. By coupling together the figures of the married and widowers (who have been married)—34.61 and 53.94, and dividing by 2, we find, that the average duration of life after 20 years of males who have enjoyed wedlock, is 44.27 years to 15.82 for those who have not; and a similar coupling of the ages of married ladies and widows, gives the years of the wedded after 20 as 49.22 to 25.60 for the single. The statistics of various European countries show a much greater difference of life in favor of the married state. These statistics speak strongly of the influence of marriage upon *health* and long life even after the persons have arrived at the age of 20 years; and when we recollect the great number of deaths occurring from puberty to the age of 20 of complaints and from causes *which marriage would have prevented*, we shall observe that we have a most powerful and convincing argument in favor of early marriage and against the theory of some of our modern philosophers.



From these figures it appears that marriage and the influences following therefrom have the effect of giving *man* upon the average, after 20 years of age, twenty-eight and a half years more of life than he would have enjoyed without them; and to women twenty-three and half! This proves the pure, untainted sweets of nuptial bliss to be the life-balm for prolonging the days of man and woman upon the earth which God has given them for an inheritance.

From this delay of marriage also arise the most of the illegitimate births that occur in society. The natural passions seeking gratification—and which cannot be suppressed—plunge the young woman into sexual connection, and the fruit of her womb becomes to her a curse and the token of her shame and degradation in the eyes of a community. Had she been married at an earlier age, she had brought forth children in honor; but being left to the sport of an ungratified passion which she could not always control, she is tortured in travail with the reflection of being thenceforth branded with the mark of sin, and perhaps of becoming an outcast from the roof of her father. The results that follow from this are well known. Often the house of the procuress becomes her abode in her shame, and she is added to the fearful list of those who pander to the salacious passions of the unrestrained and vile. Once the portals of infamy are crossed, her steps down the path of vice and degradation are swift and certain; and but few years go by ere she is hurried to the tomb, unwept, uncared for, and unregretted.

And if the fruits of this evil result of delayed celibacy be not gathered in the home of the courtesan and the tomb of the abandoned, we may see them in the dens of *abortion*. Scarcely a day passes but we may see recorded the finding of an infant in some out-house or by place, where the victim of a passion ungratified by rational sexual connection in marriage has cast it, to hide her shame and disgrace. The number of such child-murders—in good part arising from following the teachings of the high-priests we have alluded to—has become frightfully alarming. They are a disgrace to any people and to civilization, and should be a warning against the inculcation of the baneful theories of false teachers and philosophers.

Such are a few only of the baneful and damning results that legitimately flow from the teachings of those who have unfortunately obtained for their doctrines too great an ascendancy in society.

In order to show that the philosophy of these men is not only pernicious in its influence,—detrimental to virtue, destructive to health, prejudicial to long life, injurious to offspring, and contrary to reason and the laws of nature, but also in opposition to inspiration, and the virtuous ancient customs of marriage, the injunctions of the wisest men that have lived, and to the natural teachings of godliness,—we shall adduce the testimony of the Holy Scriptures upon this important subject.

In 1 Timothy v. 14, we read—"I will, therefore, that the *younger* women marry, bear children, and guide the house." In Proverbs ii. 17, we read of the strange woman who has "forsaken the guide of her *youth*"—her husband; and in Joel i. 8, of "the husband of her *youth*;"—the Jews marrying very early, in obedience to the injunction—"Be fruitful, and multiply, and replenish the earth." In 1 Cor. vii. 9—"It is better to marry than to burn." In Hebrews xiii. 4—"Marriage is honorable *in all*." In 1 Cor. vii. 2—"To *avoid fornication*, let every man have his own wife, and let every woman have her own husband." In Psalm lxxviii. 63, it is represented as a mark of displeasure of the Deity that "their *maidens* were not given to marriage."

From these and other passages in Scripture it will be seen that early marriage was enjoined by God and considered favorably of by the prophets and the apostles.

The Jews esteemed marriage a matter of the strictest obligation, and embraced it at an early age. The time prescribed was eighteen years for the men; and the virgin was ordinarily married at twelve. The Jews follow the commands of the God of Abraham. They circumcise to prevent masturbation, and marry young to give proper gratification to passion. (See Circumcision.)

The Hindoos also marry their daughters at twelve, and consider it as a great calamity and disgrace if they are not disposed of in marriage before that age.

I do not wish to be understood as advising marriage before nature intended, but as combating the mischievous and baneful theories that have in great measure obtained among us. My view of the subject is in accordance with the injunctions of Scripture and the infallible directions of Nature. For the correct and proper guidance of men and women in this matter nature has established signs that cannot be mistaken. Passion develops itself at the proper age; and when puberty has arrived, we may safely follow the example of the whole animal creation. And if we *do not*, there will, as we have conclusively shown, manifold dangers arise against the health and the happiness of the human race.

In reference to the subject of the "strength of the sexual propensity," as regarded in the light of a cause of loss of virtue by the female, in many cases, Dr. Hollick offers the following remarks, which afford us a most powerful argument of the *absolute necessity* of early marriage in certain instances, if we would preserve the female from shame or from the baneful effects of self-pollution.

"In some females, the organs of susceptibility of sexual pleasure are so exquisitely sensitive that it is scarcely possible for them to prevent their becoming excited and creating sexual desires. Even by contact of the clothes they may become congested, and excite both the uterus and brain. In these cases it is sheer nonsense to say, that the strong sexual desire experienced arises merely from *depravity*, or that it can be overcome by moral efforts alone. We might just as reasonably conclude that the hunger of an empty stomach arises merely from an unruly appetite, and that it may also be overcome by moral effort. In making these remarks, I, of course, do not intend to deny the great power of a determined will over the feelings, under most circumstances, nor to discourage such efforts; on the contrary, they are most important and often highly effective; but I wish to draw attention to the obvious fact, that *they alone* cannot always succeed. It is unquestionable that in many females, and especially about the age of puberty, the excitability is so great that they *cannot* overcome or escape from the feelings and desires that this excitability creates; and, beyond doubt, it is from this cause alone that many seek improper indulgence and become depraved. With these persons, therefore, it is not moral suasion alone, or threats, or the fear of consequences, that can be depended upon. \* \* Licentiousness is fully as often a result of the bodily condition as it is of the mental disposition, or probably even more so. It should never be forgotten, when reasoning upon these subjects, that some persons *cannot prevent sexual desires*."

And yet, in the face of this well-known physiological fact, men would tell us that no woman should marry till eight or ten years at the least after the age of puberty! The consequences to which such a doctrine, if carried out, inevitably must, and, in

many cases, does lead, it is easy for the blindest to see,—is so palpable and plain “that the wayfaring man, though a fool, cannot err therein.”

To show what have been the opinions of eminent divines upon this subject, we introduce an extract from Lectures on Magdalenism by the renowned Dr. Wardlaw, of Scotland, delivered before forty ministers of the gospel and eleven hundred citizens of Glasgow—published by J. S. Redfield, New York:—

“The causes which, by various authors, have been assigned as, some more and some less, conducing to the melancholy aggregate of wickedness and misery, are numerous. I can only select some of the more prominent.

“Whenever we think at all on the subject, the first thing which, in the order of nature, forces itself upon our notice is, the strength of the *sexual propensity*, and the comparative weakness of the moral principle which ought to hold it in restraint. This, however, is a topic of which, whether absolutely or comparatively, I shrink from the public discussion; and am glad to think that I can waive it without materially if at all affecting the completeness of my argument, or the force of my appeal. It may be enough, on a point of such peculiar delicacy, to say, that while other causes blend their influence with this, it is absurd to suppose that, but for this, they could operate with such fatal success: nor can it admit of a doubt, as to either sex, that this cause does at times cloak itself under the allegation of others, which can be pleaded in extenuation with less of shame.

“*Early marriages*, wherever they can be contracted with any ordinary regard to prudence, are among the best preventives of prostitution; and whatever contributes to hinder the formation of these, may be regarded as standing chargeable with their share of its encouragement, as ranking among the causes of magdalenism. I deny not that prudence is a virtue, and the question of marriage is a proper sphere for its exercise. But there cannot be a doubt that high notions, which, by the refinement and extravagance of our times, have been introduced, of the *style* in which young men entering on life must set up their domestic establishment, have, in many instances, laid restraints on the early cultivation of virtuous love, and prevented the happy union of hearts in youthful wedlock. I cannot look upon this as at all an improvement on the homely habits of our fathers. Many are the young men who are thus tempted to remain single by their felt inability to *start* in what is regarded a somewhat *creditable style*. Would to God I had the ear of all the youth in our city, and in our country, that I might tell them of the sweets of early virtuous union; and that I might earnestly and affectionately urge them to consult their own best interests, and to set an example pregnant with the most beneficial results to the community, by bidding defiance to the tyranny of fashion; by returning to the good old way; by finding a partner who will marry from love, and who will be willing, and more than willing, to begin upon little, and by the blessing of providence, to rise gradually to more. *That* was the way in the olden time; and, although no croaker for the superiority of all that pertained to ancestry, *this*, most assuredly, is a point in which I should say of the former days, ‘they were better than these.’ I would say to the rising youth—the hopes of coming generations—‘Moderate your views; defy custom; marry; fear God; be virtuous; and be happy.’ Could my voice and my counsel prevail, what a salutary check would be given to the prevalence of the vice which is our present subject.

“Virtuous love operates with a most beneficial influence on the vicious principles of our fallen nature; nor are there many sights on earth more delightful for the eye to



rest on than that of youth joined with youth in honorable and hallowed union—union of heart as well as hand—and living together in all the faithfulness and tenderness of a *first love*. Even should their outset in conjugal life be somewhat stinted, how much better a little mutual self-denial than that cold, calculating celibacy which is ever looking forward to some distant stylish starting point, and which, in the mean while, is so frequent an occasion of young men 'falling into temptation and a snare,' and into 'foolish and hurtful lusts, which drown them in destruction and perdition!'

To the views of Dr. Wardlaw, thus expressed, I fully subscribe. They are worthy the attention of all well-wishers of the human family. And I would suggest to the eminent divines of this country, to such men as Drs. Beecher, Cox, Hawks, Bushnell, Potts, Phinney, Wainwright, and others, the propriety of following the excellent example of Dr. W., and delivering courses of lectures, similar to his, to the American people, which might be published for universal circulation throughout the country, so that every parent and every son and daughter in the land might read and profit thereby. You have before you, in the publications and teachings of some of the distinguished phrenologists and physiologists of the day, the theory of protracted celibacy: and in millions of degenerated consumptives, broken down, insane, prostituted and death-struck human beings, you have presented some of the legitimate fruits that follow the practice of such a theory; a theory which leads to degeneration of the race, is a blighting curse to civilization, and Christian religion, a destroyer of wedded bliss, and a fruitful source of infant mortality. On the other hand, you have that theory of marriage ordained of God, advocated in the words of Holy Writ, approved by reason, and prescribed by nature, to follow which leads to health, virtue, morality, purity, happiness, and long life to both men and women. The roads, with the results to which they inevitably and of necessity conduct the traveler, are before you: choose ye into which of the two you will direct your steps and the steps of those who are to fill your places in the world.

In addition to the foregoing, I would submit to my readers the following opinion of the revered and celebrated Dr. Benjamin Franklin, upon the subject of early marriages, as expressed in letters to his friends. The views of so observing a man are worthy of the deepest consideration:

"From the marriages that have fallen under my observation, I am rather inclined to think that *early ones* stand the best chance of happiness. The temper and habits of the young have not become so stiff and uncomplying as when more advanced in life; they form more easily to each other, and hence many causes of disgust are removed. \* \* By early marriage, youth is sooner formed to regular and useful life; and possibly some of those accidents, or connections, that *might have injured the constitution, or reputation, or both*, are thereby happily prevented. \* \* In general, *when nature has rendered our bodies fit for it, the presumption is in nature's favor that she has not judged amiss in making us desire it*. Late marriages are often attended, too, with this further inconvenience, that there is not the same chance that the parents will live to see their children educated. 'Late children,' says the Spanish proverb, 'are early orphans.' A melancholy reflection to those whose case it may be! \* \* In fine, I am glad that you (John Alleyne,) are married, and congratulate you most cordially upon it. You are now in the way of becoming a *useful citizen*; and you have escaped the unnatural state of celibacy for life, the fate of many who never intended it, but who, having too long postponed the change

of their condition, find at length that it is too late to think of it, and so live **all** their lives in a situation that *greatly lessens a man's value*. An odd volume of a set of books bears not the value of its proportion to the set. What think you of the odd half of a pair of scissors? It cannot well cut anything; it may possibly serve to scrape a trencher."



NO. 9.—MARRIED COUPLE WITH THEIR CHILD.

"I will that the younger women marry and bear children."—1 Timothy v. 14.

"Marriage is honorable in all, and the bed undefiled."—Heb. xiii. 4.

[In the above cut our readers are presented with a picture of the married couple, in the enjoyment of bodily health, mental vigor, mutual domestic happiness and peace, living in the pleasure of connubial bliss as ordained by God, and rejoicing together over the beautiful child given them as the choicest blessing of heaven—an honored image of themselves and of the Deity.]

And again:

"The account you (John Sargeant), give me of your family is pleasing, *except that your eldest son continues so long unmarried*. I hope he does not intend to live and die in celibacy. The wheel of life that has rolled down to him from Adam without interruption, should not stop with him. I would not have one dead, unbearing branch in the genealogical tree of the Sargeants. The married state is, after all our jokes, the happiest, being conformable to our natures. Man and woman have each of them qualities and tempers, in which the other is deficient, and which in union contribute to the common felicity. Single and separate, they are not the complete human being; they are like the odd halves of scissors; they cannot answer the end of their formation."

### MINERAL QUACKS.

"The whole nation is groaning under the present practice of the medical profession, which fosters disease more than it cures it, and debases or ruins our constitutions."—MORISON.

THE history of the term quack is as follows: Mineral medicines were first introduced into use in the cure of diseases in 1493, by Theophrastus Bombastus Paracelsus, in Switzerland, and the German vegetable doctors called him and his followers quacks, from the introduction among other things of quicksilver or quacksilver. When we apply the term of *quack* to that class of physicians which bleed and give mineral poisons to cure diseases, we by no means use it as a term of reproach, but as an appellation that we have shown legitimately belongs to them, to distinguish them from the class of botanic physicians which existed long before minerals were ever thought of as fit for the healing of the sick. And this name will cling to them in spite of themselves so long as they continue their present practice.

It is manifestly absurd and unjust in the mineral doctors to attempt to cast the term of *quack* as a reproach upon the botanists, who never sanctioned the use of minerals as a medicine, but have steadfastly set their faces against them, and entered their protest against their use, as being unnecessary in any case, and often highly injurious. If the "regulars" are ashamed of the term, (as they evidently are,) let them cease to practice upon the principle out of which the name originated. Or if they will persist in their unnatural treatment of the human system in disease, let them manfully wear the name which their father Paracelsus earned for them, and not resort to the infamous trick of using it in abuse of those who continue in the practice of the Botanic system, that was ordained of God for the healing of the sick and disabled.

Paracelsus in a great measure succeeded in overthrowing the Galenic system, which had stood the test of fourteen hundred years; and in its place he introduced the mineral or chemical system. The introduction of mineral agents into medical practice, caused great excitement. The regular physicians of that day, the Galenic or Botanic, (now irregular,) contended with much zeal against minerals; while, on the other hand, the chemical practitioners, or quacks, inveighed against Botanics, as being weak and inefficient. The whole medical world was thus kept in commotion for two hundred years.<sup>1</sup> Both sides assailed each other with the most opprobrious epithets, and the contest has continued to the present day. Since the days of Para-



celsus, the great mass of physicians have placed their chief reliance upon the lancet, the knife, and a few acrid and poisonous minerals. But I rejoice that many distinguished physicians of the old quack school are beginning to abandon their poisonous quackeries, and enter their solemn protest against them.

Of this number is Dr. Beach, President of the Reformed Medical Society of New York, and founder of the Reformed Medical Colleges of the United States. Drs. Kenworthy and Price, founders of the Eclectic Medical College of Petersburg, Va., gentlemen of the highest order of talent and skill in their profession; Dr. Anthony Hunn, of Kentucky; Dr. Bigelow, of Boston; Drs. Mathias, Blackall, Cheyne, I. J. Sperry, A. W. Russell, of Albany, Wm. Elmer, of N. Y.; and a host of others, too numerous to mention, who have abandoned their old method of mercurial quackery and gone to the vegetable kingdom for the great natural remedies which God has there furnished in rich abundance for the "healing of the nations." Let us hear the opinion of some of these noble reformers, in relation to mineral poisons as curative agents:

"Those," says Dr. Beach, "who wish to preserve their health, must avoid the use of all minerals internally. They never were designed by the Author of nature for medicine. They injure the coats of the stomach and intestines, and, instead of removing, create diseases. Mercury, which is universally in use, is the worst of all. Vegetables should be used in preference, being safer, and more congenial to the system."

Dr. Hunn says: "The present calomel practice in fevers is a calamity co-extensive with the empire of civilization; and war, with all its ghastly concomitants, must hail calomel its master."

Dr. Bigelow says: "Mercury enters into every part of the body—the blood, bones, milk, urine, bile, cutaneous discharges, serum, saliva, breasts, intestines, and there continues: and if the victim to such quackery lives, his system will be a living barometer, to denote the changes of the weather—great pain making the only difference."

Dr. Cheyne says: "Minerals are the most destructive to animal bodies that malice can invent, beyond gun-powder itself, and even spirituous liquors; for not only nature has provided none such, but as *poisons* in venomous creatures, to kill their enemies. They become *iron, bristles, nails and lancets*, darting perpendicularly into the solids of the body, so as quickly to tear, rend, and destroy; and, therefore, can never be proper for food or physic.

"Whereas Galenical, or vegetable, productions have none of these bad properties, and are, consequently, designed for both food and medicines for the sick."

Testimony to this effect might be multiplied to very great length; and it is most gratifying to the friends of the medical reform to hear these testimonies from those who have occupied the highest seats of honor in the school of Quackdom. We boldly predict that, at the rate medical reform is now advancing, the world in twenty-five years, will not contain an advocate for mineral poisons as remedial agents for diseases of any description.

The Galenic age, which has begun to dawn again upon the world, after a long night of over three hundred and fifty years, will spread its glories over the world. Signs of these glories meet us on every hand.

The people have caught a glimpse of the true and genuine remedies, which the God of nature designed for the use of mankind under their various diseases. These

are all found in the vegetable or botanical kingdom. They are found in and among the trees of the forests and the luxuriant productions of the hills and the valleys. They grow in the crags and on the tops of the highest mountains; and lift up their enamelled heads by the side of every lake and streamlet.

These, like the leaves of the mystic tree which were beheld in the apocalyptic vision, are designed for the healing of the nations.

These are our remedies. We have tried them, and found them to be safe, agreeable, powerful in their effects, and fully efficacious in removing the most inveterate maladies with which mankind are afflicted.

We have long and carefully studied their nature, and observed their effects; and we find that, while they are potent in eradicating diseases of every kind from the human system, they leave none of those baneful and crushing effects upon it, that often last during life; such as general emaciation and debility, increased action of the heart and arteries, tubercles in the lungs, scrofulous blood, inducing various forms of chronic disease; thickening of various membranes, particularly the pleura and the pericardium; metallic taste in the mouth; peculiar and offensive odor of the breath; rotten teeth and spongy gums; excessive flow of the saliva; swollen and stiffened joints, tongue, and moveable palate; increased secretions and excretions; irritable state of the whole system; temporary delirium, palsy, and epilepsy; a pale, contracted countenance and trembling nerves; rapacious appetite for food, and bad digestion; disturbed sleep and frightful dreams; frequent aches and pains, darting through the limbs and various parts of the body; sudden loss of strength, as if dying; shocking depression of spirits; tendency to commit suicide; loss of memory and judgment; sometimes incurable mania, and other evils, too numerous to mention; all of which, to a greater or less degree, follow directly in the wake of mineral poisons administered as curatives of disease.

These dreadful effects cannot but be known to all who are engaged in giving or directing their use; and, inasmuch as they know them, they ought immediately to abandon their use.

Even admitting that mineral poisons have a direct tendency to eradicate any acute disease; yet, when their ultimate chronic effects are considered, they ought never to be used; nor have physicians any earthly excuse for using them, inasmuch as the God of nature has spread out before them, on every hand, in the vegetable kingdom, remedies that will produce all the good effects that can possibly be claimed to be produced by mineral poisons, without any of their injurious effects.

If they are in doubt in relation to the correctness of this statement, their doubts will at once vanish, if they will but make the experiment with a strong decoction of *Iris Versicolor*, or Blue Flag-root, steeped in alcohol, giving a tea-spoonful three times a-day; or they may use *Eupatorium Perfoliatum*, or Thoroughwort, in double the above quantity, after having boiled it down till it is very strong.

Either of the above substitutes will produce all the desirable effects claimed for mineral poisons, without one of their undeniably pernicious effects.

Why then should any physician longer persist in the use of mineral poisons?

For them he has no earthly excuse; and benevolence, at least to his patients, who confidently trust their lives in his hands, ought to prompt him, forthwith, to abandon their use.

If the sword has slain its thousands, mineral poisons have slain their tens of

thousands; and that within its period of three hundred and fifty-eight years; previously to which, as we have proved, they were wholly unknown to the world as curatives of disease, of any kind or form.

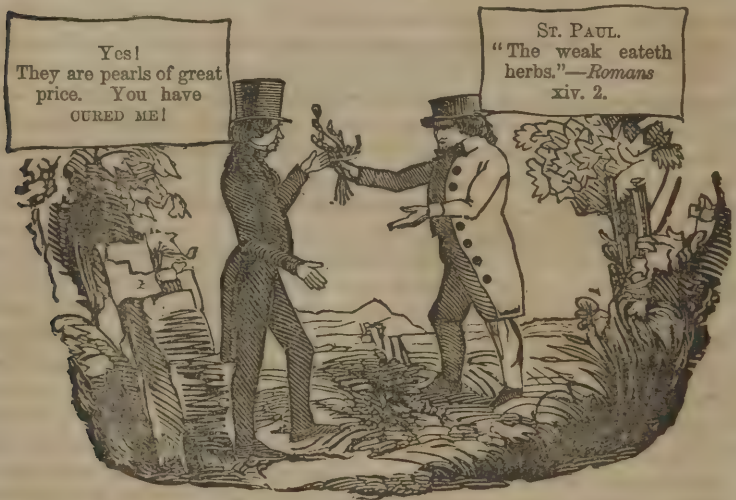
For five thousand four hundred and ninety-seven years before the adoption of the mineral practice, during which the diuretic, abluent, and botanic practice prevailed, the world were, for the most part, strangers to those dreadful chronic maladies which have every where prevailed since the introduction and adoption of the mineral practice.

Almost all constitutions have become more or less affected by the use of minerals, so that there is now very little use for thermometers or barometers, to indicate the present or prospective state of the weather.

A man has but to consult his own, or his neighbor's constitution, to obtain all needed information in relation to this matter.

If you wish the blooming goddess of health, happiness, and long life, to take up

"To everything wherein there is life, I have given every green herb for meat."—See *Genesis* i. 29, 30; and *Genesis* ix. 3.



#### NO. 10.—THE VEGETABLE OR BOTANIC MEDICINES,

Adapted to every age and to every condition of the bodily health, *being both food and medicine for men and animals*, have been in constant use for nearly six thousand years, during which long period not one has ever died from their effects, or been injured, except through their misapplication; nor one in ten thousand, when compared with the mineral patients in three hundred and fifty-eight years.

The chemical or mercurial medicines, first introduced to the world in 1493, by Bombastus Paracelsus, the great prototype of all succeeding quacks, have, in the short space of three hundred and fifty-eight years, sent death and destruction broadcast over the land, furnishing constant employment to doctors, dentists, coffin-makers, and grave-diggers! Make your choice. *The vegetable and mineral medicines are before you.*



her abode within your dwelling, banish all quack mineral poisons therefrom; and when any curative agents are needed, resort to such as Nature has provided in the vegetable kingdom, where you will always find an abundance adapted to the nature of man, either in a state of health or disease.

From these last I have labored many years to compound medicines suited to the various disorders to which the human system is liable, each calculated to work beneficially in the particular diseases which it is designed to cure, and all co-operating together to restore the disturbed system to its proper state of quietness and health. From the proper use of these you will find relief from sickness and pain, and the number of your years be prolonged upon the earth. (See notices of medicines in another part of this volume.)

### VEGETABLE MEDICINES ARE OF GOD.

"The Flora of North America is astonishingly rich in remedies. There is no doubt in my mind that, in more diseases than is generally acknowledged, vegetable simples are the preferable remedies."—PROF. WATERHOUSE

VEGETABLES were given by God to man both for food and medicine; and they have been used for these purposes since the creation of Adam, and stood the test through every age of the world. When man was formed and became a living soul, God particularly declared vegetables to be food for man. See Gen. i. 29 and 30. "And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed, to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat." Gen. ix. 3, 4. "Every moving thing that liveth shall be meat for you, even as the *green herbs*, have I given you all things. But flesh, with the life thereof, which is the blood thereof, shall ye not eat."

King David said—"Purge me with hyssop (not calomel or blue pills,) and I shall be clean."—Ps. li. 7. St. John said—"The *leaves of the tree* were for the healing of the nations."—Rev. xxii. 2. Paul said—"The weak *eateth herbs*."—Romans xiv. 2.

The Ishmaelites came from Gilead, with their camels, bearing spices, and balm, and myrrh, carrying it down to Egypt.—Gen. xxxvii. 25. And father Israel said unto them—"Take of the best fruits in the land in your vessels, and carry down to the man a *present*: a little balm, and a little honey, spices and myrrh, nuts and almonds." Gen. xliiii. 11. Would not this example be a good one for the mineral doctors to follow, when they visit their sick, rather than carry their deadly poisons; at least these are the medicines of the botanics; and their patients had rather see these than the lancet, blue pills, or emetics.

Jeremiah lamented for the Jews—"Is there no *balm* in Gilead? is there no physician there? why, then, is not the health of the daughter of my people recovered?"—Jer. viii. 22. Jeremiah said—"Go up into Gilead, and take *balm*." And he also pronounced the vegetables, in this case, as medicines; for he said—"In vain shalt thou use many medicines, and shall not be cured." This passage also proves that God afflicts persons with disease, and that they shall not be cured; therefore provoke not God's wrath, that you should fall into incurable sickness. "Babylon is

suddenly fallen and destroyed; howl for her; take *balm*, (not minerals,) for her *pain*, if so be she may be healed."

Am I judging too hard when I say vegetable medicines are Lealing remedies for the sick, and that mineral poisons are not of God, but from the devil? The wholesale slaughter of mankind in every age since the introduction of mineral medicines proves this to be true. And the thousands living who have been tormented with diseases following the use of the deadly poisons cry out against them; but t mineral quack heeds not their voices.

In speaking of the moral corruption of Judah, the prophet Isaiah speaks of ointment.—Isa. i. 6; and in various portions of the Scriptures there is mention made of ointments, balms, myrrh, aloes, and other healing vegetables; but we find no mention of calomel or other minerals as medicines.

The ancient Egyptians encouraged and profited by the growth of many wild plants of the desert, which were used for medicinal purposes. Many of them are still known to the Arabs, and many others have fallen into disuse from the ignorance of the modern inhabitants of the country, who only know them from the Arabs, by whom the traditions concerning their properties are preserved. From what Homer tells us of "the infinity of drugs produced in Egypt," the use of "many medicines" mentioned by Jeremiah, and the frequent allusion by Pliny to the medicinal plants of that country, we may conclude that they were highly prized.

Of vegetable remedies, Prof. Rafinesque has remarked:—"The popular belief, that every country produces simples suitable to cure all the prevailing local diseases, is not void of truth; vegetable substances afford the mildest, most efficient, and most congenial remedies to the human frame. The numerous cures that are daily performed by the use of vegetable medicines are sufficient evidence of their super-excellent virtues."

Enough is here presented to show that mineral medicines were not appointed of God for the use of man, but that vegetable medicines were; and enough to banish the former and establish the latter as the only true and safe ones. And the experience of ages has confirmed the wisdom of the Scriptures upon this point so strongly that all the mineral quacks in Christendom cannot shake it from its firm foundation.

And when to these teachings of the Bible and experiences of the past we have added the dictates of common sense and reason, making an array of arguments that cannot be overthrown, we may be pardoned for asking *why* people will longer continue in the use of these pernicious and baneful mineral potions—especially when the labors of science in the vegetable kingdom have prepared for us remedies for the various diseases with which mankind is afflicted?

### HOMEOPATHY.

HOMEOPATHY we may regard as no better than allopathy, since all the medicines used by the homeopathic physician that have *any power in themselves* are the same as those used by the allopathic—being no more or less than the deadly mineral poisons of the "old school" doctors—yet prepared in a more concentrated form. Their little sugar pills, however, and drops of distilled water, possess remarkable

healing properties when administered to highly *nervous* and *notional* persons, who have no disease but what exists in the imagination. Such persons they not unfrequently cure: such persons are often restored to health from an *imaginary* disease by a few doses of *powerful* and *efficacious* bread pills!

The care of the homeopath to remove all medicines but his own from the sick room, for fear of the loss of the power of his remedies by absorption, is a grand thing where the patient is nervous and whimsical, and has little or no disease. The more of such affectation and pretension they practice, the better for *that kind* of invalids.

But as regards the system of homeopathy, when practiced upon the principle laid down by its head and father, Hahnemann, and considered aside from the nervous and notional state into which people having no real disease sometimes get, it is utterly worthless. I have seen it tried in various acute and real cases of sickness and it produced no effect whatever—unless *medicines of other schools were used*.

The theory of practice, however, is perhaps a good offset to that of allopathy; for while physicians of the latter school give too much medicine, the homeopath gives none at all, but pretends to give, and by governing the diet and exercise sometimes effects good. I am not opposed to the practice, for, while it does no harm it may prove beneficial through the imagination. And did they *adhere to their system* in all cases they would be much less accountable for the entailment of disease upon the subjects of their *skill* than the allopaths.

But, unfortunately, this is not the case. Prescribing for the *imagination* does not always answer, for there are cases of sickness of such severity and upon such persons that the infinitesimal doses and bread pills will have no effect upon them. In these instances they resort to the remedies used by the allopath—calomel, arsenic, morphine, quinine, strichnine, delphine, veratrine and others, prepared in highly concentrated forms and sugared over to hide the taste. These remedies constitute almost the entire materia-medica of the homeopath—at least all that have any real power. So that in *REALITY* they are under the same condemnation, no matter what their pretensions may be, for the injurious effects of the medicines they use are the same as those produced by the agents of the allopath. And from the use by the homeopath of the medicines and practice of another school, we are brought to the inevitable conclusion that the theory of Hahnemann has been found incompetent, in cases of real sickness, to effect cures, saving and excepting the good which may be wrought by any medicine through the imagination of the patient! and this, too, by the experience of the pretended disciples of the homeopathic school.

The theory of Hahnemann is totally based, and homeopathy as a distinctive school is entirely dependent, upon *dilution*, not *concentration*. The doctrine is that "like cures like," and medicinal agents are more active and powerful in infinitesimal quantities than in ordinary doses: for, says Hahnemann himself, "a grain of salt divided to a millioneth degree of attenuation, and a particle dissolved in diluted alcohol, and the division of this extended to a millioneth degree, becomes a powerful and heroic medicament, which can be administered only with the greatest caution!" How absurd and ridiculous! This would be like throwing a spoonful of tea into the Hudson at Albany, and telling the ladies of New York that therefrom they could dip up a cup of the excellent beverage at the entrance of the river into the ocean! In the name of common sense how could a man grasp, or see, even by the aid of a powerful microscope, this truly homeopathic dose which Hahnemann speaks of? An atom of water or alcohol could not by any power be separated from its sur-



rounding atoms, but would contain an hundred times more salt than Hahnemann describes! And how could it produce any effect, when every patient using it takes millions of times as much with his daily meals? and when his secretions, his gastric juices, and every atom of his blood, contain always, as an indispensable constituent, billions of times more salt than he says will produce such extraordinary effects? Such is the whole doctrine of homeopathic doses; and we need not pursue it further in order that the reader may see its utter absurdity. It may be reasonably wondered if the intelligence of those who believe in such a theory is not *diluted* to a greater degree than is one of their homeopathic doses!

With reference to the other dogma, that "like cures like," or that "all diseases may be cured by such remedies as are capable of inducing symptoms similar to each particular disease," it is by no means true. The doctrine is not based, as Hahnemann pretends, upon an invariable law. In some cases, it is true, that a certain medicine given to a person in health, will produce in him symptoms common in a disease. Creosote, which is given to cure vomiting, will, if administered in a dose sufficiently large, induce vomiting in a healthy person; but it does not follow that it cures in the one case *because* it induces in the other; for were this theory true, tartar emetic, which is almost sure to *excite* vomiting, when given in a large dose, would be sure to *cure it* when given in small ones, in all cases where the vomiting was not induced by tartar emetic. But we all know that it will do no such thing! So we see the fallacy of *this* dogma.

According to this theory of homeopathy, if a man is stung by an insect, he must let a snake bite him as a cure; or to extinguish a fire we must throw on gunpowder or saltpetre. Would it not be more rational to use water to quench fire, and health-renewing remedies to destroy disease?

The theory of homeopathy as *practiced*, whether it be acknowledged or not, is this and only this; they wish to dispense with the strength of medicines in many cases, because they have no confidence in them in those cases. But they cannot dispense with the use of *something*, because the patient is impressed with the idea that medicines must cure. They then start the theory of dilution, or giving the shadow of medicine without its strength or substance. Diluting the medicine, and at the same time impressing and concentrating the mind of the invalid, it requires no real virtue in the medicine, because the concentration of the mind strongly impressed, acts with a magic and wonderful power on the nervous electricity and animal secretions, blood or fluids, producing the cures without a particle of medicine. This theory and its practice is in many cases a grand one; the theory of operating upon the mind is excellent; but it will not do in all cases.

But while we can indorse that part of homeopathy which operates upon the mind, we must enter our protest against their use of the deadly minerals of the allopath, for reasons heretofore given in remarks upon mineral medicines. And if they would hold to the *concentration* of medicine, it is by no means necessary that they discard the vegetable remedies; for these, capable of producing all the good, and leaving behind none of the ill effects that follow mineral antidotes, can be had in concentrated forms highly powerful and efficacious in the cure of diseases, divested of their cumbrous and worthless substance.

## LOVE-SICKNESS CAUSES CONSUMPTION.

LOVE is a natural passion of both sexes. Properly influenced, love is animated with the noblest expectations, and an ardent desire to promote the happiness of its object. Though not in itself a disease, love often produces an unhealthy state of the system and leads to diseases. The symptoms of love as outwardly manifested are as follows:

The eyelids often twinkle; the eyes are hollow, and yet appear as if filled with pleasure; the pulse is not peculiar to the passion, but the same as that which attends solicitude and care; when the object of the person's affection is near, particularly if the idea is sudden, the spirits are confused, the pulse changes, and its force and celerity are very variable; some, not conscious of their state, pine away, are slothful, and regardless of food; though the wise, when they find themselves in love, seek pleasant company and active entertainments.

As the force of love prevails, sighs grow deeper; a tremor affects the heart and pulse; the countenance is alternately pale and red; the voice is suppressed in the throat; the eyes grow dim; cold sweats break out; sleep absents itself, at least until morning; the secretions become disturbed; the heart dilated, and appetite lost; a hectic fever, melancholy, perhaps madness, suicide or consumption, end the life of the victim. How to distinguish the love-sick, is particularly described above, which, in observing closely, will always determine the fact.

Love-sickness is a most fruitful cause of decline and consumption. I have found many fast inclined to consumption, who, had they not accidentally fallen under my medical care, would have soon died; but I am happy to say that I rarely fail of changing the mind and directing it to other phrenological organs, by agency of the blood and diet, so as to effect a radical cure, and restore mind and body to health. Love-sickness is a fruitful source of insanity, as we may see from the reports of the various lunatic asylums in the country; the average of cases from this cause being set down at about six per cent. That consumption often grows out of love-sickness, physicians have been compelled to admit; yet, very few of them are able to do any good to the sufferer. But by careful study of the disease, and observing how the mind acts upon the body, and upon the blood, and renders it impure, and how the blood in turn acts upon the brain and its several organs through the nervous electricity of the system, I have been able to ascertain the nature and character of this disease, and to prepare remedies for it which are offered to those suffering from its influence, with an assurance of their producing the most salutary results.

DISEASE AND HEALTH COUPLED IN MARRIAGE.—In the present age, it has become a matter of frequent occurrence that disease is united to health in marriage, without regard to consequences that will follow to offspring. Owing to customs of dress and habits of living, in connection with the evils arising from protracted celibacy, there are few couples united at the age of twenty-five or thirty without seated disease existing in either the lady or the gentleman. This is a serious objection to putting off marriage and to the production of offspring.

The consumptive invalid, fast approaching the grave, is wedded in marriage; the female, having by tight lacing and heavy skirts broke down and deranged the health and functions of the womb, is a subject for wedded life: the young man having destroyed his health, and caused weakness in the genital organs, derangement of the

mind, involuntary emissions, or partial idiocy, from a habit of self-pollution, is frequently a subject for the matrimonial life, (and what a piece of crippled mechanism is he too, to offer himself to a blooming young lady, fresh as the dew-drop of the morning.) This is all wrong. Individuals, and society as a whole, should endeavor to set this matter right by beginning at the fountain head, and advising obedience to those laws of nature which, being followed in wisdom, will *prevent* falling into the infirmities I have mentioned. Then we should have *sound* couples given in marriage, and the race would be perpetuated in strength and health.

### PROTRACTED CELIBACY A VIOLATION OF PHYSICAL LAWS.

MARRIAGE, in my opinion, should be instituted as soon as the person has budded into man or womanhood and the sexual passion is fully developed. Delaying marriage ten or twelve years after puberty is altogether wrong—destructive to health, happiness and long life. All the secret habits which injure both the male and the female, lay the foundation for sickness, break down the constitution, and induce consumption directly or indirectly, grow out of too long a separation of the sexes; for if the amative passion is not gratified naturally, it *will be* unnaturally; if there is no sexual intercourse, there will be self-pollution in nine out of ten cases, as experience of the past most conclusively shows. And in all other cases (if there be any such,) where the secretion of semen is not discharged through the natural passage, it must be absorbed into the body in a *decomposed state*, to clog up the system, impart impurities to the blood, and derange the action of the lungs and heart; acting the same as costiveness in the bowels, which gives headache, derangement of the stomach and insanity; or as the urine, which, when not discharged by its natural passage, works out through the pores of the skin, and imparts a disagreeable odor to the body; or as the bile, which, when obstructed, produces jaundice, known by yellowness of skin. The point, therefore, to be considered by all is this: Shall we have *natural* or *artificial* gratification? I say, most decidedly, the *natural*.

The average life of married women is nearly twice as long as is that of the single. Woman is by nature a propagator of the human species. She is instinct with the desire of offspring, and nothing but offspring can appease the desire. Her soul is silently but ceaselessly on fire with a love of progeny; her physical form, her mental organization, her tastes and feelings are constituted in harmony with the increase of the human race. The eye was not more evidently formed for seeing, the ear for hearing, the nose for smelling, the feet for walking, than was woman for the production of offspring. Deprive any of those organs of their proper functions, and observe the penalty of deprivation that is visited upon the system. And yet when God has established menstruation as an unmistakable sign of womanhood and marriage at fourteen or fifteen years of age in this latitude, (which ought as much to be heeded and followed as a shining light to man's or woman's health and happiness, as the unmistakable fiery cloud of God, hung in the heavens for a sure guide to Moses and the children of Israel to lead them with safety to the promised land,) physiologists and phrenologists, with unblushing impudence, instruct us not to marry till twenty-five or thirty, while meantime the passion of amativeness is raging within and



bursting out into prostitution and self-pollution, because not quenched in the pure waters of connubial love.

Proofs the most incontrovertible have been afforded by experience and observation that early marriage is beneficial to the health, and consequently to the continuation of life in the aggregate, fanatics, and others, teaching to the contrary notwithstanding.

The following table, giving the age when menstruation of the female commences, shows the time that *nature* has appointed for marriage. It is derived from Dr. Parr and Dr. Lee of England, and Dr. Meigs of Philadelphia, and others.

In 1781 females, the menses first occurred,

At 11 years of age in 110				At 16 years of age in 284			
12	"	"	144	18	"	"	144
13	"	"	356	19	"	"	72
14	"	"	366	20	"	"	40

The time of puberty in the male sex is upon the average about two years later in life than among the females, indicating the age for marriage according to *nature* to be that much greater. But notwithstanding these plain teachings of the Creator, many attempt to deny men and women indulgence in marriage for ten or twelve years, and until they become possessed of wealth and great education from the schools. But if all waited for wealth, how many marriages should we have? The race would become extinct; for statistics in the financial world show us that only one man in a hundred ever becomes rich; and that the most of those who do, become so after marriage. And if all waited for the education prescribed, the race would be broken down before the time of marriage came; for until the natural desires of the body are gratified, man cannot be properly educated—the mind cannot be brought to bear so strongly upon the education while the passions rage within, as after they are properly appeased. And it is the *ne plus ultra* of man's success in study, to first gratify the sexual desire. This done, he may attain the highest rounds upon the ladder of science; and not without, for ungratified exciting passion is constantly at war with education, and generally proves conqueror over it. The rattle-headed young man is as uncontrollable and as unfitted to receive education if natural desire is not rationally gratified, as is the untamed lightning of the heavens, or the raging billows of the storm-driven ocean. Were this teaching of modern philosophers fully carried out among men, prostitution, self-pollution, and their legitimate offsprings, disease and short life, would exclude nearly the whole human family from participating in the divine institution of marriage.

A comparison of the average age of the married and unmarried affords a strong proof, in the prolongation of life, of the wisdom of early marriage. [See calculations upon longevity under the head of "Early Marriage and Longevity."] From such comparisons we are forced by facts derived from the most careful observation of distinguished men in various countries, to admit, that length of days is in no small degree dependent upon obedience to the law of God and nature.

God, as I have shown, has determined the time of marriage for both men and women, by the token of puberty, or the first change of life. He declared, in the fall of Adam and Eve, that woman's desire should be unto her husband; and that,

though in sorrow she should bring forth children, obedience to the law of marriage should prolong her days upon the earth.

In my opinion, parents are accountable to the displeasure of God, and answerable for sin, [Psalms, lxxvii. 63.] while withholding their sons and daughters from marriage to so late an age as is often done, in order that they may start wealthy, or for some other unpardonable and wrong reason. Where there is true love, and no moral or physical reasons interpose, desire for wealth or station for the child, nor false and foolish pride of any kind, should keep young men and women from the happiness to be enjoyed in a state of wedlock, appointed of God and received from His hand by man.

#### IMPERFECT MENSTRUATION CAUSES CONSUMPTION.

MENSTRUATION is a periodical discharge of blood from the uterus, vagina, or both, and continuing from about the age of fourteen till fifty. There is a difference as regards climate, in the age at which the first discharges take place; in warm climates the average is about nine years, in temperate, fourteen, and in the arctic regions, nineteen. There is also a difference in different individuals, sometimes of as much as ten years—the *extremes* in this climate being ten years of age in the very precocious, and twenty in the very backward. The quantity discharged is from four to ten ounces, but in this there is much variety; the discharge continues from two to eight or ten days. In some relaxed constitutions there is occasionally not more than a week's interval; and in general the more lax the constitution, the larger is its discharge, and the longer its continuance. The indolent, the sanguine, and the luxurious have generally a large periodical evacuation. Usually, the earlier the menses appear, the sooner they disappear. In this latitude they disappear about the forty-fifth year, though, from some accidental circumstances, the cessation may take place in the thirty-sixth, or be protracted to the fifty-second year. Of the time when menstruation commences, much depends on the climate, mode of life, structure of the body, and peculiarities of the constitution. Thus in a warm climate the period may be accelerated to the age of ten or eleven, and in a cold one retarded to eighteen; a girl indulged in all the luxuries of a modern fashionable life, and the sedentary seamstress, or the laborious peasant, experience equal prematurity or retarded expansion; a full-bosomed, plethoric girl, and a thin, attenuated one, with small, delicate limbs, and a torpid circulation, are respectively in the same circumstances. Somewhat depends also upon structure. Where the ovaries have been wanting, the menses have never appeared; and where we see masculine manner and growth, it is highly probable that the menses, if they appear at all, will be scanty, and impregnation impossible, as the female structure is in some important respect defective.

The menses flow chiefly from the uterus, and occasionally from the vagina alone, as happens sometimes during pregnancy. When the natural discharge is stopped, a vicarious bleeding takes place from the nose, the lungs, the nipples, the hemorrhoidal veins, the stomach, the bowels, and even the gums, without any particular inconvenience. In some cases, the accumulation of blood that is usually thrown off by the vagina, is evacuated by the lungs and mouth, or nose. Instances are recorded where the surplus of blood was entirely discharged in this way. When the men

ses have been suppressed, and there is a copious discharge of blood from the mouth, it will generally be found of benefit to the person; and the physician who is acquainted with the philosophy of this matter, and knows sufficiently of his business to detect this discharge from a discharge of fresh blood from rupture of the lungs, will not regard it as an unfavorable symptom for the health of his patient, until he can restore the evacuation to its more proper and usual course. Bleeding at the nose, to a certain extent, is favorable in cases of suppressed menses.

The continuance of the discharge is different in different constitutions, but it usually continues from three to five days, when it ceases, sometimes leaving a serous discharge for a day or two, sometimes a mucus one, which, if continued, constitutes leucorrhœa. The recurrence of the courses is with more difficulty explained. Women, from their sedentary life, and from a looser texture of vessels, are more subject to plethoric congestions than men, and the uterus is from its structure more likely to receive these accumulated fluids. By degrees these topical congestions become habitual, and recur independently of any real general excess of blood. This explanation appears to be supported by the irregular terms of the catamenia in the earlier periods, and the irregular continuance of the discharge before the habit is established. Why the accumulation requires a lunar month before it is equal to produce the effect it is impossible to ascertain, as why the courses should commence at about the age of fourteen or cease at about forty-five; or why the period of fourteen days should be most commonly required to produce the crisis of a fever, or why the seventh and the fourteenth years should be marked by striking changes in the constitution. Such is the determination of Him "in whom we live, and move, and have our being."

When the monthly changes commence a great degree of irritability occurs, and sometimes considerable debility. At this period in young women, we find a languor, want of appetite, terrors, tremors, and even convulsions, often running into fatal consumption. Where the constitution is more robust and plethoric, violent pains, flushing in the face, and even feverish attacks, occur.

### OBSTRUCTION OF THE MENSES.

Similar symptoms follow the obstruction of the menses, joined with other inconveniences and troubles that specially arise therefrom. When there is a suppression independent of pregnancy, it generally results in disease, runs into tumors or cancers, attended with pains, uneasiness, or a disturbance of the functions. [See cut of cancerous womb.] When the discharge does not take place, the whole system becomes languid, the complexion pale, the mucus secretions defective. The appetite is bad, or fanciful, often requiring substances not alimentary. The mind is whimsical and variable, the voluntary muscles convulsed, the sleep disturbed, the urine pale. In fact, the animal functions are almost wholly suspended, and the vital ones feebly carried on, for the pulse is low and quick, the breathing laborious, consumption or palsy seem to impend, and the patient appears to sink rapidly to the grave. In this weak state women often continue for many years. Yet in most cases, having had great experience in the treatment of thousands thus afflicted, by giving attention to the patients and administering proper aids to nature, the symptoms have taken a most favorable turn; a little mucus or serous discharge, perhaps somewhat



colored, changes the scene, and gives most decided signs of returning health; the menses recur at distant and irregular intervals, attended each time with amendment of all the symptoms, till at last color, appetite, spirits, increase of flesh and strength, and perfect health return; and the once pallid and sickly female becomes a blooming and healthy woman.

**SUPPRESSION OF THE MENSES.**—When the habit of regularity in the courses is once established, and the discharge occurs monthly, it cannot be broken with impunity. The most frequent causes of suppression are exposure to cold, frights, falls, sometimes fever, anxiety of mind, or confinement by ill health. Suppression of the menses in females of delicate habits induces pain and uneasiness. In plethoric habits the symptoms are different; if the cause occurs during the discharge, a feverish attack follows, the face becomes flushed, the eyes red, pains in the head and back come on, with sometimes a bleeding at the nose. If the cause occurs in the intervals, and its effects are continued till the proper period for menstruation, the same symptoms will be observed at each expected return, but gradually growing less, till there is a complete retention. When the symptoms denoting a suppression of the menses are found to exist, advice should be taken upon the subject, and remedies used without delay. I have found in my experience numerous cases of consumption, fits, and sometimes insanity, arising from the want of the proper attention to these matters; but where I have been consulted in season, I have seldom failed to afford the desired relief.

*Difficulty of Menstruation* is a similar disorder, and an important one, for it prevents the completion of conception. On the occurrence of the discharge, the pain is peculiarly violent; accompanied sometimes with obstinate constipation, or a suppression of the water. Frequently the spasms are so violent that the hold of the embryo attached in the intervals of menstruation is broken. No disease is more distressing in its symptoms or consequences; and it should receive the immediate and careful attention of an experienced physician. Generally, doctors know but very little about these matters—they do not understand the disease or its symptoms—they are ignorant of the proper remedies, and not, therefore, to be trusted; but in the hands of a skillful physician there is safety. I have treated numbers afflicted with difficult menstruation, and always with the most gratifying success, seldom failing of a perfect cure.

*Excessive Menstruation* is a difficulty with which females are sometimes sorely troubled, and one which requires the most skillful treatment and perfect knowledge of the inducing causes. In this complaint most physicians have found difficulty in effecting good, and often the life of the patient is lost. But from the experiences of my practice, I can say that it is easily curable, if correctly understood and properly treated.

*Cessation of Menstruation*, or "Change of Life," is the period when the discharges naturally cease; and it is of the utmost importance to the future health of the female that she should receive the most careful attention at that time. Generally females attribute every future complaint to improper treatment at this period of their lives.

The cessation of the menses is preceded by temporary suppression, continuing for two or three months, followed by an increased and continued discharge. This will sometimes occur at short intervals and in profuse quantities. In this way the change is effected often without disease; but the suppression is generally attended

with headache and wandering pains, and the excessive discharge, with debility. Great care should be taken in treatment of these cases, or else they had better not be treated at all. The incompetent physician is better out of the way, and Nature is more to be trusted than an unskillful doctor. Where the *proper* assistance is given to Nature by the administration of correct medicines, that will strengthen the system, purify the blood, and help her in removing the impurities from the system, and effecting the important change, everything may go on smoothly, and the female live in health for many years. As medicines to be used at this important period in the life of woman, I can with confidence recommend the Blood Renovator and Anti-Bilious Pills as safe and excellent, and the best medicines to be used in all cases where the female is not personally treated. I have put up many of these articles for ladies about experiencing a "change of life," and have heard from them often as having given the desired aid to Nature, and strength and support to the female system.

The first appearance of *Menstruation* is an important event in the life of the female, and should be carefully looked after, so that it may in no way be interfered with; and also that proper means may be employed to bring it on at the requisite period. Every girl should be timely informed upon this subject by the mother or some other friend, to the end that she may conduct herself with reference thereto, and may not be unnecessarily alarmed at its first appearance.

Says Dr. Hollick, "It is especially important to bear in mind that females are usually more irritable and unsettled at these times, and that full allowance should be made for their being so. In a young person this is more apt to be the case, from the very novelty of her situation. The strange phenomena that is occurring in her system, the development of her person, and the new feelings and instincts that are awakened, all exert a powerful influence, which is still further increased by the mystery with which everything relating to the wonderful operation is enshrouded. In the absence of proper information, imagination is busily at work, curiosity is excited, and the mind becomes filled with strange fancies and romantic dreams, which often exert a baneful influence in after life. Proper instruction at the proper time, would give more correct ideas of her real duties and actual situation, and prevent much of that sickness and unhappiness of mind which is so commonly seen after marriage.

"There are few objects more interesting to the philosopher and philanthropist than a young female at this period of her existence, when the body is assuming its natural beauty of form, and becoming fit for its wondrous functions, and when the expanding mind receives the first faint perception of her real destiny.

"To a great extent the development of the whole physical system depends upon the proper action of the organs of generation at this period. \* \* Every one must have noticed what an astonishing change occurs in a young female at that time. The bust becomes full, the pelvis enlarges, the features change—especially in their expression—the mind takes a different turn, and the manner and conduct become altogether different, denoting the new feelings and instincts that begin to be experienced. In short, the girl is changed into the woman, and is conscious herself of the alteration."

Speaking upon this subject, Dr. E. H. Dixon remarks: "The child dances, laughs and skips away its early years, and we are astonished at its growth, without

being able to perceive in what feature it has altered. No marked distinction occurs to render one year more memorable in its existence than another until the approach of puberty, when suddenly the forces of life seem to acquire new strength; and before we are aware of the change, often within a few weeks, we no longer address a child, but a woman.

"What has occurred to mark so important an era in her existence? But yesterday she was pleased with the veriest trifle—a doll, a dancing puppet, was to her a treasure. Now she is a creature prepared to sympathize and to love."

Generally, menstruation is not carried on during nursing, though it sometimes is, commencing the first month after the birth of the child, and continuing uninterruptedly. The reason for this is, that the blood from which the menstrual discharge is secreted before conception, is now used for the secretion of milk. During the months of conception, it supported the fetus. When menstruation takes place, either during conception or nursing, it must arise from a superabundance of vital energy and blood, by which both the functions can be carried on, or some of the organs of generation must be in an unhealthy state. In the first case, no injurious effects will be felt; but in the latter, the double drain upon the system will exhaust the strength and impair the health of the mother.

"From the age of puberty," says Hollick, "till the change of life, Nature is constantly laboring at the functions connected with generation. This is the true explanation of those peculiarities that are seen in the female character, especially their excessive sympathy, sensitiveness, and excitability, and also much that is peculiar in their diseases. The incessant action of the ovaries keeps the nervous system in a constant state of irritation, and makes all the organic functions liable to derangement, so that it is impossible for a female to preserve that equanimity of mind, and that evenness of temper and disposition, which to individuals of the other sex is a comparatively easy matter. The female is, in fact, in a great measure, like a man who is constantly subject to annoyance from those around him, and who is obliged to use constant efforts to keep himself cool. Her situation is, indeed, in some respects, even worse, because the cause of her uneasiness is inherent in herself—she cannot escape from it, and knows not what it is, and those around not knowing it either, she meets with but little sympathy and consideration. There are numbers of females who are most unfortunate in this respect; some being subject to distressing depression of spirits, or the most melancholy despondency, while others are irritable or peevish, or subject to ebullitions of the most frantic gaiety; and others, again, constantly change from one mood to another, without any apparent reason for so doing. Ignorant persons attribute these eccentricities to mere caprice, or whim, and fancy that females can avoid them if they choose. Sometimes they are blamed or scolded for them, and sometimes females even accuse themselves of being ungrateful, and in this way increase their distress. If, however, the true nature of their constitution was understood, it would be seen that no blame whatever should be attached to them for these peculiarities, since they cannot be avoided; on the contrary, every allowance should be made for their involuntary aberrations, and the fullest sympathy exhibited for the distress which they really endure."



## THE LUNGS MAY BE CUT, ULCERATED, DRIED UP, TUBERCULOUS, BLEEDING, OR SHOT THROUGH, WITHOUT LOSS OF LIFE.

To give a full description of the lungs under the various conditions mentioned above, and to prove the fallacy of the assertion that diseased lungs are incurable, is no easy task for the *pen*; but having a duty to perform, though in contradiction to the high priests of medicine, I shall attempt to establish the truth that the lungs can be ruptured in various ways, and yet be healed. As a consolation to the afflicted, I assert that the doctrine of diseased or ruptured lungs being incurable arises from the *ignorance* of physicians, and has no foundation in fact.

If my reader is a person of unbiased mind, I would have him peruse this attentively; as I shall prove, from the most reliable authority, that the human lungs can be cut, torn, mangled, separated, dried up, ulcerated, tuberculous, calculous, catarrhal, and bleeding, either from disease or the introduction of foreign substances, as a sword, bullet, dirk, pin, needle, or splinter,—and that they can be and are healed, and the person live years and enjoy as good health as ever.

There are three important changes in the color and condition of the lungs. In the child, before birth, the lungs are small, and collapsed, with a pinkish color; at birth they become filled with air, and then change to a whitish pink color. In adults, the lungs are greyish, and bluish in the aged.

The lungs are divided into two lobes, each inclosed in a distinct bag or sac, formed of the pleura. The right and left lung have not the slightest communication with each other, except by adhesion of the pleura, which often happens. The pleura covers and surrounds the lungs, and also covers the ribs. An inner lamina of the pleura passes into the substance of the lungs, in the infant. I have previously said, in treating of the lungs, that there were from three to six lobes to each lung in some cases, but generally three of the right and two of the left. The whole mass of the lungs is composed of air-cells and tubes, blood-vessels, lymphatics, nerves, and cellular membranes.



NO. 11.—LUNGS PIERCED AND DRIED UP.

1. The wind pipe.
2. Represents a lung pierced with a dirk, which was afterwards healed up, so that the person enjoyed good health. Lungs have been shot through similarly with a ball, and healed up.
3. Shows a case where one lobe of the lung was dried up, so as to be completely impervious to air, and useless, and yet the person enjoyed good health for many years, with this condition of the respiratory organs.

There are two distinct sets of cells in the lungs, each being affected by diseases different from the other—which are the *catarrh suffocatus* and the *hydrothorax*.

Pulmonary arteries carry blood from the heart to the lungs, and pulmonary veins return it back after it has been purified by the oxygen of the air, and the injurious portions thrown out by the respiration.

While asleep, we breathe less than when awake. An office of respiration being to give heat to the system; and breathing being slower in sleep than in wakefulness, persons require more clothing to keep them comfortable when asleep than when awake.

Disease of the lungs hastens respiration, and action of the lungs; and concussions often arise from coughing; but notwithstanding these spasms or concussions, wounds often heal readily.

Coughing is often the effect of a cold upon the lungs, but not always arises from that; frequently it is produced by tubercles or grub in the lungs, which cause cough. Many persons of a scrofulous blood never have a cold in the commencement of a cough. Coughing is an effort of nature to free the air-cells and tubes, either in case of colds or tubercles. Hence the ignorance of many lung doctors and medicine dealers, in always attributing consumption or cough to colds.

Numerous are the instances on record in which the lungs have been wounded by a sword, dirk, bullet, or other foreign substance, and the patient has been restored to full health. Bierling mentions a case in which one hundred and twenty ounces of blood were lost from a wound in the lungs, and the subject lived. What think you of this, who have bleeding lungs?—are they incurable? I have taught that they are not incurable; and in my practice have proved them not fatal; I have succeeded in curing such cases, while other physicians pronounced them past redemption. I have quite recently had ten cases of bleeding lungs, and not one fatal. But with those troubled with bleeding from the organs of respiration, there should be no delay in obtaining the services of the most skillful physician; for ignorance of the case or long delay may end in fatality.

A German author gives a case where a ball passed through both lobes of the lungs, and did not prove fatal. In another case, the whole right lung was exposed and severely wounded, and cut in pieces, and then cured. The lungs of soldiers in battle are often pierced by the bayonet and cut badly, and yet heal. The dirk of the assassin is plunged into the lungs, and a cure is often effected. I have found abscesses in the lungs the size of an egg, and of an ordinary teacup, in which a cure was speedily effected—but in only one way,—attending to the blood. I have had as many as eighty cases of persons with but *one* lung—the other having been lost by accident or disease, or been dried up or collapsed so as to be perfectly useless. Such cases are not of unfrequent occurrence in my examinations and practice.

Rivinus, Haller, and De Haen have recorded numerous cases of the little injury which has resulted from the concretions in cases of wounds, and Dr. Parr mentions cases where the whole of one lung was completely decayed or destroyed, without any considerable inconvenience.

Gangrene often affects the lungs, yet a cure is not doubtful. Malpighi mentions cases of decay of one lung, and abscess of the lungs, in putrid epidemics, which occurred as long ago as 1648 at Pisa. A dissolution of one lung is mentioned by Fontanus; and a great change in their texture, in the *Memoires de Medecines*,

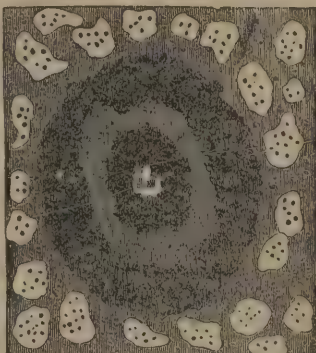
from Haller. In the same collection we find remarkable cases of the lungs being in a dried state. I have had more than eighty such cases, in my practice of twenty-five thousand consumptive invalids. What say you to these facts recorded by English, French, and German physicians of the greatest repute? Do you say that diseases of the lungs or wounds of the lungs cannot be cured? Go hide your ignorance; tell it to the trees, the stumps and stones; but never in this age of science utter it to a man or woman.

By aid of the Lung Barometer, and by the use of the proper remedies, I have cured and can cure, consumption in almost any case, even in the worst stages of ulcerated, tuberculous or catarrhal disease; for the blood can be successfully treated; and unless both lungs are wholly gone, a cure may be expected.

Some physicians have pretended that a person cannot die of consumption if the air tubes are filled or capable of being filled with air; and they palm off upon the public inhaling tubes as a means of lengthening life. But this is without reason or foundation in fact. If the lungs are being destroyed by the poisons in the blood, all the air and inhaling tubes in the universe cannot save them. The *causes* must be removed: the blood must be purified, and then the lungs can be healed of their affections. God did not think of an inhaling tube for the mouth or nose of a man; if He had, it is reasonable to suppose He would have supplied him with one.

The causes of lung diseases are numerous. I will mention a few general causes, which are, protracted celibacy, disappointment in love, failure in business, scrofula or venereal taint, miscarriage, sexual pollution unnaturally by the married, colds, humors of various kinds, dyspepsia, masturbation of the young, disturbed menstruation, with a host of others too numerous to mention. Dust from stone-cutting and grinding causes consumption. I have the lungs of a man perfectly filled with steel and sand by grinding axes at Collinsville, Ct. Hundreds have died with grit in the lungs, called grinders' or stone-cutters' consumption. About from six to eight years causes the consumption of the most strong and healthy. Beware of all dust or grit to inhale in any business of life. Mechanics' shops are very dusty and cause the death of thousands. Rail-road cars, dusty coaches, and streets of cities where the side walks are covered with fine dust, kicked by the feet, for persons to breathe,—the dust being a compound of manure, stone, iron, expectorated catarrhal and scrofulous matter, hairs, leather, filth of sores, and a host of other deadly agents; these inoculate disease, and cause consumption in thousands of persons who ride in or frequent them much and continuously.

From what I have said, it will be seen that though the lungs be wounded they can be healed, when particular portions thereof have not been injured; and that even if one lung be entirely gone, the person can enjoy good health. And from



No. 12.—ULCERATED LUNG.

This cut shows a lung laid open, exposing large and small sloughing ulcers, which were afterwards healed, and the health of the patient restored.



this it will be seen how wrong it is to give up the patient to death, and to say in all cases that "consumption is incurable." *It is not incurable.* There are thousands and tens of thousands sinking into the grave every year, after being given up to death by their physicians as beyond all hope of recovery, who, had they been attended properly, and received such medicines as I have prepared for such complaints, would have been saved to their friends and relatives and lived years in the enjoyment of health. It is no less than an awful sin to thus let consumption carry away the gifted and beautiful of the earth, while the proper knowledge will give power to turn aside this monarch of disease and snatch from the grave its expected feast.

### GRUB CONSUMPTION.

To the readers, grub consumption will appear to be a disease of which they have never before heard. This will be true; but it is not less true that such a disease exists—or rather that a prevalent kind of consumption *arises* from grub located in one or many parts of the human system. The disease nor the cause are at all *new*—grub have preyed upon men in every age of the world; but in the *establishment* of this fact I may justly lay claim to some credit; since, though ages ago the insect was believed to live in the human being, no physicians of modern times have recognized or known of their existence. In ancient times, it was believed that men were troubled with grubs; but after trying for ages to prepare a medicine which should reach, kill, and dislodge them, without success, they were ultimately lost sight of, and the task was finally abandoned.

I have long been acquainted with this deadly insect, and of the fact of his having baffled every means used in the cure of consumption he produced—he being so deeply seated in different organs of the system, that nothing appeared to reach him with power of expulsion. After exhausting all supposed remedies, I became nearly discouraged in my efforts to treat successfully cases of consumption produced by the presence of the grub; especially considering my success in all other cases. Yet, to give up, and say that a mere insect should live in the human system and suck the very life away, and no one devise means for his expulsion, was not in the spirit of Yankeeedom. I did not make known the fact of my having satisfactorily ascertained the existence of the insect in man, for because of the difficulty of convincing the ignorant of the truth, one who announces aught that is *new* is liable to lose his reputation. But I explored the whole vegetable kingdom, and fed the grub on various extracts and compounds, till finally I succeeded in getting a medicine that would reach, kill, and expel him, without doing injury to the patient. And I have now the pleasure of being able to declare, that the exact location of the grub can be determined, his post invaded, and he driven out, and the consumptive, (made so by his presence,) be cured.

By the aid of the Lung Barometer, I have found that many cases of the worst, and apparently incurable, kinds of consumption, are caused by the grub in some part of the system, where, like a thirsty blood-hound, he lies and destroys the patient, sending him a victim to the icy arms of death.

The grub infests the liver, spleen, uterus, bladder, ovaria, kidneys, placenta, heart, brain, lungs, and even the muscles. He carries his sway over men and

animals, and is as destructive as the locusts that flood the land of the Pharaohs. He varies in size from a large pin head to a hen's egg, and is sometimes larger than this. I have succeeded in expelling them, whole and in pieces, or in matter. The insect is some times found alone, sometimes in clusters.

Grub in the head of man cause pain, loss of memory, dizziness, dark vision, insanity, idiocy, and death. In the head of animals, as the sheep, they produce vertigo; and when in the liver or kidneys of sheep or cattle, cause rot, horn distemper, weakness, and emaciation. In the lungs of man, they produce protracted cough, expectoration of a peculiar kind, severe pain through the chest, short breath, bleeding lungs, and lung consumption. When in the liver, they cause dyspepsia, enlarged gall and liver, ulceration and consumption of the liver—with a dark, bad appearance of the skin. Grub in the womb, or ovaria, cause dropsy, gleet, whites, miscarriage, false conception, tumors of the ovaria and womb, deranged menstruation, and consumption of those organs, with great pain, weight, sinking feeling in the side, stomach, abdomen and various parts. Grub in the kidneys cause great pain in the small of the back, dropsy of the abdomen, heart, chest, limbs, or other parts of the body. In the spine, they cause curvature, deformed and soft spine, pain in the back of the head and about the spine, and nervous feelings generally. In the stomach or spleen, they produce a sinking, gnawing feeling, dropsy, enlargement, and great pain and difficulty in the left side. Grub in the heart cause dropsy, enlargement, hard beating, ulceration, and great pain about the heart, bad circulation of blood, great debility of the heart, with strange and peculiar conditions of the mind.

The presence of grub produces but very little uneasiness at first, or when they are small, but the symptoms increase as they enlarge, and there are pains, uneasiness, discharge of mucus, gleet, blood, and pus, and expectoration of a peculiar kind.

Grub are found in sheep, cattle, deers, hares, hogs, goats, rats, and various other animals. I have taken pains to dissect different animals, and found them in some part or organ, with few exceptions, (always when the animal manifested the peculiar symptoms of the grub disease). Cattle, sheep and hogs in Ohio, Michigan, and other parts, with the wild animals, are well known by the butchers to have the grub in them.

The largest of the specie are found floating in the cavity of the ovaria and abdomen. I have succeeded in expelling them from the head, where they cause a gleet similar to catarrh; from the lungs, by suppuration and expectoration, and from the liver, womb, ovaria and kidneys. Sometimes they are found floating loose in the eye, (where they have been seen,) and in different parts and organs; but generally they are in nests, sacs or cysts, and seem to hatch, and be in great numbers. [See cuts of lungs, ovaria, eye and liver, with grub in them, in another part of this work.]

There are two or three species of the grub, varying in color, which are grey, and spotted with black, with four or six fangs or blood-suckers on their heads.

As there is no such disease as grub consumption known to other physicians, nor any mention made of it in modern medical works except here, I have given the name of grub to this insect that infests the system; have described the symptoms arising from his presence in the various organs, and named the disease which he occasions. I shall now give some ancient authority respecting the grub, from reliable sources, but known there by the more technical name of *hydatids*.

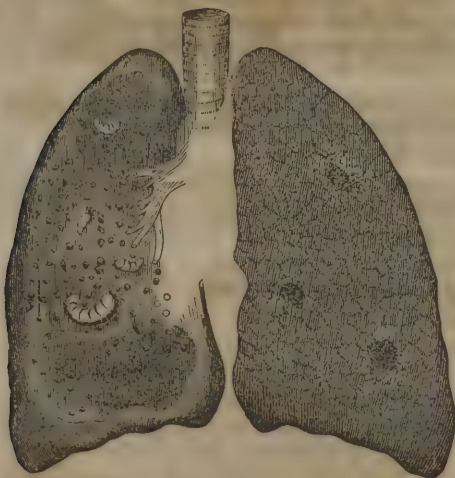
Dr. Cullen was acquainted with them. They were found on the liver, brain, ovaria and other viscera of the human being, with heads and fangs.

Dr. Tyson discovered the hydatids in the livers and heads of sheep, Bartholine observed them in the livers of goats, Dr. Pallas discovered them in both men and animals, Dr. Pyerus observed the hydatids in the hog. Drs. Goeze, Batsch, Bloch, and others have added to the stock of facts. Dr. Pallas says the size of the hydatids or grubs, varies in size according to the age and temperament of the person or animal at whose expense they live, but from the size of a kernel of wheat to the size of the fist and often larger; and are found in the human person, chiefly in the liver, the spleen, the uterus, the ovaria, the kidneys, the placenta, the lungs, and the muscles or spine. Dr. Parr says those in the kidneys or accumulating fluids cause dropsy, those in the brain, insanity or idiocy; but wherever they exist they cause an acute pain either continual or temporary, and their existence may be known or suspected by weakness, emaciation and oppression at the stomach. Dr. Baillie saw these in a cyst, with coagulated lymph or pulpy substance, sometimes floating loose or attached to the side, and in size from a pin's head to that of a walnut; but the largest is found in the ovaria or abdomen; he also found them in both men and animals. They are found under the tongue and in the fat and muscles of hogs. In animals they cause measles and leprosy. Dr. Goeze found the hydatids or grubs in the liver, the uterus and hydropic sacs of the human race, and thinks they more frequently cause dropsy and other disease than pathologists have suspected. He says they are very numerous, in their nests or sacs and when in the ovaria of the female, (their most frequent residence,) cause female diseases and false pregnancy.

Although ancient physicians detected the presence of the hydatids or grub in man, they found nothing to kill and dislodge them; besides they seemed unable to account for their existence. My first assurance of the existence of the grub was by its expulsion, when dead. By the aid of the Lung Barometer, I can now detect the

location of the grub, and then by administering the appropriate medicine can kill and dislodge them from the system, when a speedy cure or the afflicted patient can be effected.

The grub causes the most fatal cases of consumption, of any organ. And as I have previously stated that there were different kinds of consumption, growing out of different causes, the cause and disease must be perfectly known and understood before the invalid can be cured. Thousands who die annually might be saved were it not for the ignorance of medical men, upon this and similar subjects. But, being ignor-



NO. 13.—LUNG WITH GRUB IN IT AND ULCERATED.

This shows a lung laid open, exposing to view in one side the grubs of various sizes, encased therein; the other side represents ulcers in the lung, developed on the surface.

ant, it is not to be supposed that they can give any relief to the afflicted.



## WOMB COMPLAINTS

ARE produced by frequent colds, wearing thin shoes, tight lacing, disappointment in love, hereditary diseases, scrofula, venereal taint, cancers, tumors, protracted celibacy, self-pollution, too frequent sexual intercourse, sexual or married pollution, loss of children or friends, unhappy marriage, disappointed ambition, and a host of causes—both bodily and mental.

As seen in this cut, where a complication of diseases and weaknesses, arising from mechanical causes and impurities of the blood, appear, the individual will feel and exhibit a weariness and lassitude, both of body and mind, and that woe-begone expression of countenance and attitude, of which this is a fair resemblance.

Multitudes of females, suffering from weakness peculiar to their sex, early lose all their bloom and elasticity of spirit, and become wholly unfitted for the discharge of the common duties of life.



NO. 14.—WEARINESS AND LASSITUDE.

## DISEASES OF THE WOMB CAUSE CONSUMPTION.

THE organs which are affected in this manner are the uterus, ovaries and fallopian tubes. The diseases of those organs are leucorrhœa or whites; yellow, green, and black sickness; cancers, tumors, polypi, barrenness, flooding, miscarriage, irregular and suppressed menstruation, &c. The symptoms attending these diseases are a clouded or black-spotted countenance, a pale and ghostly expression of the eyes and around the eyes, dropsy or swelling of the limbs, with pain, weakness of the knees, small of the back, shortness of breath, cough, emaciation, insanity or confused memory, expectoration, ending in consumption and death. These diseases often affect the heart and cause palpitation, dropsy and enlargement of the heart. I have known ladies to have from one to thirty-three miscarriages, by weakness of those organs. I have known a lady to have her courses periodically from the liver, lungs and stomach by vomiting, having had the womb lacerated in child-birth, which caused the mouth of the womb to close up; but in all cases where the menstruation of ladies is not perfect as nature designs, an affection of the liver, lungs, and stomach immediately follows, and if not regulated, consumption comes on. I do not recollect a case of any of the above diseases where I have failed of a cure, when applied to in their curable stages. These diseases should never be neglected, as they lead to helpless and incurable forms; although I have cured many cases pronounced by all other physicians to be incurable. But I found that they were mistaken in the nature of the disease and its stage.

I must say that great ignorance prevails among most of our medical men, and but

very few are qualified to treat successfully diseases of ladies. As a natural prevention of female diseases, girls should marry young, and prevent all the weakening causes that break down and destroy the lives of so many valuable ladies. Avoid tight-lacing, heavy skirts, wet feet, damp houses, sudden exposures to cold, and numerous causes which lead to disease. But if you are already troubled, make use of the Blood Renovator, the Anti-bilious Pills, the Female Wash and German Ointment; if you have a cough in addition to other complaints, take the Lung Corrector; and in any heart disease, the Heart Regulator, but not otherwise.

### STERILITY CAUSES CONSUMPTION.

BARRENNESS is a great misfortune to woman, and incompetency of generation a misfortune to man. No person would be willing to take a partner for life in marriage, who was incompetent to the proper fulfillment of the requirements of nature for the generation of children. The doctrine so prevalent among self-constituted teachers on marriage, generation and kindred subjects, that men should marry with reference purely to the intellectual, and having no regard to the gratification of those passions sneeringly denominated animal, is a false, unnatural and pernicious one—detrimental to the bodily well-being (upon which in great degree the intellectual depends,) of both the parties themselves and the generations that shall come after them. It is not less necessary that the animal passions should be consulted than the moral ones; it was designed of nature that they should be, and if we make a rule of and carry out this doctrine of false teachers for a series of generations, the effect upon the race will be pernicious and hurtful in the extreme.

Observations in this country and all others have shown us, that in those cases where the strongest intellectual love existed before marriage between parties, the discovery after that either was incompetent, whether from malformation or disease, to the gratification of the sexual desire, banished the *pure platonic* passion before the natural wish for cohabitation. From this invariable experience of the past, the lesson of wisdom to be learned is, that the sexual as well as the mental should have due consideration in the formation of the marriage tie. Were it known before marriage that any cause existed in either party to positively prevent cohabitation, the parties would never be united; nor do I know that an instance of this kind has ever been recorded or has occurred—no matter how strong the attachment was before the fact of incompetency was learned by the other party.

All of us are fond of our young; we are happy in our offspring; and though we have a dozen, we do not wish to part with or lose any of them. This is in accordance with a principle of nature inherent in the human being.

To woman belongs the honored name of *mother*, and the honor of having nourished from her bosom the great and renowned of earth—poets, philosophers, statesmen, heroes, philanthropists, divines, physicians, artists, mathematicians, scholars and mechanics. And these honor and love the woman; they look up to and bless her in her character of *mother*.

While woman is honored in the noble station of mother of the human race, man is blessed and honored as *father*. And who among men is there that does not love to hear the sound of voices calling him father?—who among women that does not love to hear the name of mother? Thrice blessed are they that bring up children, in

obedience to the wise command—"Be fruitful, and multiply, and replenish the earth;" and how much of happiness is lost to those whom barrenness leaves destitute of the fruit of the womb, can be known only to those who are made happy in the children who are like olive branches gathered about their tables.

Barrenness, therefore, which is induced in the woman by diseases of the womb, by self-pollution in the younger days and before marriage, by an excess of sexual indulgence, and by dress and other causes that affect the purity of and weaken the blood, by which debility of all the organs is produced—should be carefully guarded against by her; both as regards her health and happiness and the natural desires and wishes of her husband. There are few ladies that care to bear the reproach of barrenness; for it is regarded as an ignoble infirmity. In all ages it has been looked upon as the greatest deprivation of woman—that she could not bear child. In the Bible we find it spoken of as an especial mark of the displeasure of God, manifested towards a people, that the women were visited with barrenness and the womb brought not forth its natural fruit.

When this condition of the female is induced by colds, leucorrhœa, cancer, tumor, polypus or other disease in the organs connected with conception and child-birth, the female should speedily seek for relief from them, in order not only that she may conceive and bear child with safety, but be saved from running into a consumption; which follows not only from the cause I have mentioned, but is sometimes a direct result of sterility itself, as I have often satisfied myself. And if the barrenness be the result of "secret vice" in youth, or of excess of gratification after marriage, it is necessary that the weakened frame should be strengthened by proper restorative medicines and the blood be made rich again by some renovating power, in order that the organs of generation be reinstated in their original condition and enabled to perform each its function with desired energy and effect. To this end, and from an experience gained in prescribing for many cases, I have prepared medicines that have never yet failed, when taken according to my directions, to effect the attainment of the desired end. But if these matters are not attended to, and nature receive no aid in its labors against disease in the enervated system, not only will barrenness be continued, but consumption, as I have before stated, will fast lead the individual down the path of life into the silence of the tomb.

In the male, the cases are by no means of rare occurrence where inability to cohabit exists. This may have arisen from one of many causes; but, as a general thing, if I may be allowed to judge from observation, it is the legitimate fruit of masturbation or its offspring, involuntary emission. I need not here enter into any description of how this detestable habit finally produces an incompetency to perform the functions that nature intended for the propagation of the race. The effect follows so plainly from the cause, that the observer, though more than a fool, cannot be mistaken. As a *prevention* of this, the best prescription that I have ever heard of is offered by nature in the person of the opposite sex—provided always that nature's medicine be taken in youth and before the habit has been formed, and the evil in greater or less degree produced. But where nature has not been heeded, and the habit of masturbation has commenced, it should be broken off at once; though this does not always answer, inasmuch as it will be found that involuntary nocturnal emissions will quite often follow masturbation; when there is no other course than to resort to the vegetable remedies that will restore to the weakened blood its strength, fortify and renovate the enfeebled system, aid in the



retention of the secretions, and finally work out a cure for the patient. When involuntary emissions have reached that degree where the whole system is badly affected by them, they must be suppressed, or they will surely result in an incompetency to gratify amateness naturally, and the marriage bed will be barren of fruit; and worse than this, consumption or insanity will soon fasten upon the once deluded but now stricken sufferer, and his days be quickly brought to an end.

There is another cause of barrenness, and of consumption, growing out of the genital organs, of which I will make brief mention here. It will be found more particularly treated of under the head of sexual onanism or pollution. That is excessive indulgence of the sexual appetite. Remember this good advice—excellent in all times and seasons—Be temperate in all things. Abuse not the gifts of God given to you for your happiness—not for your misery.

The evils of excessive sexual indulgence are not unfrequently like those of self-pollution. Barrenness, debility generally, and consumption, often follow from excess. To the young married, I would offer these remarks with an earnest feeling for their welfare. Upon them depends in great measure the health and happiness of the coming generation; and due regard for their own welfare and the welfare of those who shall come after them should induce attention to these matters.

Thousands are the cases of disease arising from a substitution of pernicious practices for the healthful enjoyments of nature; for God having established laws, has also affixed penalties for deviations therefrom, and those who sin are sure to meet with punishment. Although a physician, and expecting to gain a subsistence as other physicians do, by curing those who are sick, I wish it distinctly understood that I teach the doctrine of prevention being better than cure, and that an obedience to a law of nature and the preservation of health thereby is a far better course than to disobey and afterwards be healed of the punishment of transgression. I do not wish any to get sick to be compelled to call on me or any other physician. Keep your own health; it is, in a great measure, within your reach, and is the richest gift of God to man.

I have often been called upon to advise with, and prescribe for, young married people, in cases where the lady was sterile, or the gentleman incompetent, and sometimes where both of the parties were incapable to perform the functions of nature to the production of offspring; and I have had the satisfaction of not only working a reform in their systems and making the barren fruitful, but of saving many such from death by consumption induced by the causes mentioned. Therefore let none despair, but apply at once and find comfort and perfect restoration. Nature has furnished the means for your relief: come to her fountains and be healed.

**FLOODINGS OFTEN CAUSE CONSUMPTION.**—Miscarriage gives rise to floodings; also they occur from weakness induced by masturbation and excessive sexual indulgence; also by strains and falls. At the "turn of life" many suffer severely from this affliction. The effect is to weaken the patient and exhaust the blood, out of which arise debility and consumption.

For this complaint, vinegar or spirits and water bathed upon the bowels is good, or a weak injection of white oak bark tea may be given. I mention these remedies for the reason that their aid is sometimes immediately demanded, and they may be easily procured. A cloth wet with cold water and applied to the bowels is also good.

A cure of this complaint is easily effected by a sh . . . I h . . . y

known a case that would not readily yield to a course of medicine under my treatment. As a general medicine, to strengthen the blood and fortify the system against floodings, the Blood Renovator will be found invaluable.

IRRITANTS CAUSE CONSUMPTION, for the reason that they weaken and destroy the general health. It is of frequent occurrence that when physicians, particularly of the Allopathic school, treat a weak organ, they blister it and cup it or burn it with a hot iron, sometimes all of these in a few days. They produce effects decidedly injurious, weakening the part instead of restoring it to health. I have never known any lasting good to flow from the use of such irritants, but they often lay the foundation for consumption, and frequently make the patient a cripple for life. I would advise my readers to beware of such treatment; it is not only barbarously cruel, but lasting in its injurious effects.

The parts on which the irritants are mostly applied are the hips, legs, spine and chest. Some of the most helpless cripples I ever saw, (if we except the victims of calomel,) were made so by a persevering use of counter irritants. By their application, the once lively and active are laid under bondage to infirmities forever, or led into consumption. I never make use of these so-called remedies in my treatment of the afflicted. I have never found need of anything more than some moderate "drawing" or irruptive article, like mustard paste, and I have successfully treated ten times as many of such cases as these irritants are usually applied in, as any physician living who advocates them. This is sufficient to show me they are not needed. By giving the proper internal medicines to produce a quiet and healthy state of the system, and applying soothing emollients to the affected part, cures can be effected without having to resort to the barbarous practice that has been too long in vogue. If they cannot, then there is no such thing as a cure to be looked for in the case.

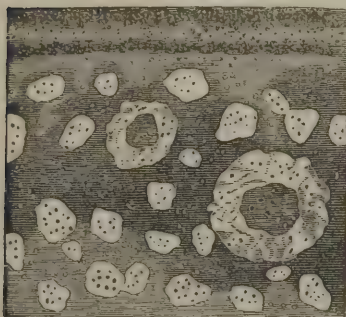
GRAVEL AND KIDNEY COMPLAINTS are of more frequent occurrence than is generally supposed by even the medical faculty. I have had the pleasure of curing many invalids who had been pronounced by so-called eminent physicians to be in consumption of the lungs; but the very expression of the countenance of the invalid pointedly indicated the contrary, and a little conversation with the patient enabled me to understand the disease; but to be certain in the matter, I examined the cases, and found that the disease was not consumption of the lungs or of the liver, but of the kidneys, caused by gravel, grub, or ulceration of those parts.

I never prescribe for these cases being blindfolded, as many physicians do. It is often the case that the practice is based upon guessing, or is an experiment. Those modes of treatment I renounce and denounce, having long since learned that there is danger in giving medical attendance in that way. I am proud to say that guessing and experimenting are no parts of my practice; the theory upon which I proceed has its firm foundations in the fixed laws of nature; the practice under that theory is plain and simple, when once known scientifically, and the results are always satisfactory in every case where the possibility of a cure exists. Experiments, in the matter of consumption, are no longer of service to me, since I have the means of knowing about the disease to a certainty. Because of this certainty, I make no mistakes, but cure where it is possible. There be those cases to which human skill can offer no relief—they are beyond the reach of medicine. Still, no one should give up in despair because of this, since none of us know that our peculiar case is beyond redemption, until we have satisfied ourselves by receiving the best of medical skill and taking the best of medicines.

One office of the kidneys is to manufacture or secrete the matter or urine from the blood, and the kidneys must fulfill their office at all hazards, or dropsy and consumption will follow. When the kidneys are weak, either by an exhaustion of seminal weakness, masturbation or sexual pollution, gravel, obstruction and ulceration, health is immediately dethroned, and restored only by making well the kidneys again.

The kidneys are often affected by strains in lifting, riding or jumping, exposure to colds, wet feet. The symptoms are numerous, but the more general are pain in the back, fever, discharge of red or white gravel, high colored, bloody or watery urine, gleet, red or white sediment in the water, little or no water, debility, vomiting, a ghastly looking expression, both to the face and eyes, a dilated, dull looking eye, and emaciation, ending in consumption.

Both sexes are alike affected, and much oftener than is generally supposed, with one or more of the above diseases. The



NO. 15.—ULCERATED KIDNEY.

This cut represents a section of the kidney in consumption, laid open to expose to view the ulceration in that organ, and the diseased state of the orifices leading to and from the diseased kidney.

kidneys have another and higher office to perform—that of supplying the semen or seed from the blood—not directly, but indirectly. Too great an exhaustion of the semen debilitates and relaxes the muscles of the spine, brain, bowels, stomach, liver, and lungs, and the nervous system. A discharge of semen from the genital organs is a draught on the whole body. The body of the male or of the female is as a bank, from which is drawn forth the semen to be applied according to the teachings of nature. But if the waste of semen is too great, the body will as certainly break down, as will a bank when exhausted of all its specie. This is what I would call the attention of all to when I speak of consumption from those causes.

Live temperately, and run not into consumption, is the advice of the author to his readers.

PILES AND LIVER COMPLAINTS go hand in hand; and as a general thing, when the piles are not troublesome, the liver is out of order, and when the piles afflict the patient the liver is in good condition—provided either disease is about the system.

The causes of piles are, a dyspeptic or morbid state of the liver and bile, costiveness, pregnancy, drastic purges of pills or other medicine, doses of aloes, and corpulency. There are the blind and bleeding piles, the external and the internal; also many tumors much resembling piles. Thousands are afflicted with one or both kinds; they are exceedingly painful and troublesome, and often terminate in fistula, but are perfectly curable by the proper medicines. If troubled in this way, you should take the Anti-Bilious Pills and Blood Renovator, and where they are external, the German Ointment also. [For more particulars, see the notices of these medicines in this work.]



## BATHING THE FEET.

BATHING the feet thoroughly and keeping them free from dirt, should be a matter of often attention, as a means of promoting health and keeping off corns and bunions. In case of fevers, it is well to bathe the feet once or twice a day, as it will prevent the determination of the blood to the head, and equalize its circulation. Salt, wood ashes, or saleratus, may be sparingly used in the water. Consumptives should bathe the feet often in tepid or cold water; and, in fact, every person should perform this ablution once or twice a week, sick or not.

Cleanliness is a great law of health, from the disobedience of which, we all sooner or later suffer in a larger or smaller degree. And no little of the health of the whole body may depend upon keeping the feet clean and well-conditioned, so that the person may experience no difficulty therefrom in walking erect, and with a firm elastic tread, and in exercising, in running, dancing, etc. When the feet are sore, a stooping and crippled attitude is soon formed, which contracts the chest, oppresses the limbs, causing falling of the bowels, crooked spine, and finally consumption.

Keep the feet pliable by washing them and scraping off the dead and waste skin, and after wiping dry, rub them over with a little of my German Ointment, (which will keep them soft and free from sores,) and then retire to bed, and no colds will be contracted in the pursuits of daily business, nor will any corns grow upon the feet.

In the East, in ancient times, it was the custom to wash the feet of strangers coming off a journey. Traveling being usually done on foot, it was deemed essential that the feet should be kept clean, and by being clean should also be kept free from the sores that would retard the traveler. This custom still prevails in many eastern countries. Washing the feet is often made mention of in the Bible. We read that the woman washed the feet of Jesus, and anointed them with ointment. This she would not have done but that it was considered a matter of moment that the feet should be kept clean and in health. The Saviour also washed the feet of his disciples—which indicates the necessity of keeping the feet clean.

I would advise the following of this excellent practice, among our own people. It has been said by a learned and witty divine, that no man can be a good Christian unless he keep himself clean. I incline to that opinion. Cleanliness is so far a part of religion in some countries, that the followers of Mahomet regard ablutions as essential to salvation as prayers. While I cannot subscribe to the superstitions of the Mahomedan, I can heartily commend his practice of cleanliness to all my readers. Most of the business of life is dependent upon an ability to walk about without trouble, and give attention to it; and this cannot be done with feet diseased and sore. Hence the importance of keeping them clean and in a healthy condition.



NO. 16.—DISEASED BOWEL  
WITH PILES.

The above represents a section of the bowels laid open to expose its appearance when inflamed and ulcerated, and when the person is troubled with piles.

## LUNG CONSUMPTION.

THE lungs rarely become diseased unless from an affection in some other internal part, operating upon those organs. Real lung affection, without derangement of some other organ, does not exist in one of a thousand cases; but to terminate life, the lungs are at last baffled in the performance of their functions—they become so diseased as to shut out the air, which prevents a purification of the blood, and impedes its proper circulation. In this condition the patient is said to be in pulmonary consumption, and his situation is far from being a safe one. But had his state been known before the lungs had become deranged by the poison in the blood, and from other organs, he could easily have been restored to health.

By aid of my Lung Barometer, in connection with other means, I am able to watch the progress of disease in other parts of the system in its effects upon the lungs; also to see the rapid change in those organs from a diseased state to a state of health by the effects of medicines, and when under proper treatment, or *vice versa*. And this I claim to be the possession of a superior skill in the case of all complaints of this kind. By having the power to trace to the right organ the first seat of the disease, I possess the advantage of knowing what remedies must be used, and of being capacitated to give such advice as will, if followed, keep the lungs from becoming diseased.

Lung or pulmonary consumption is chiefly confined to the fair, with light skins and blue eyes, florid complexions, contracted chests and high shoulders; yet, other temperaments are not wholly exempt. The disease often attacks insidiously. The patient grows tall, without a corresponding expansion of the head and chest, becomes languid, and loses his flesh and spirits. A slight cough comes on, which is not often regarded; but if the individual be examined, he will be found with a pulse varying from 80 to 100. Sometimes the patient will not lie so easily on one side as the other, and will have slight chills, and often hemorrhage from the lungs, which is not at first much noticed.

After this state has continued for a few weeks, there arise shooting pains in the chest. The chills are more strongly marked, and are followed by burning heat and copious sweat, when we say a hectic fever is formed. The cough becomes almost incessant. The cheeks have a spot of pure, florid red; there are flushings in the face after eating, and sleep seems to afford no refreshing power. The countenance begins to give signs of wasting health; the eyes are sunken, the cheeks prominent, and the strength begins to fail. The breathing becomes short, quick and offensive; and morning sweats are increasing. The expectoration becomes loaded with matter, is discharged with ease, and comes up in great quantity. After a time the fever and cough abate, and there is a diarrhoea. Finally, the strength totally fails; fainting is added to the symptoms, the expectoration is changed to a dark brown color; the lower extremities swell, and unless the disease is checked, death comes for his victim.

The distinction of consumption, particularly in its early stages, is of great consequence; nor is it an object of small utility to point out its original source. At the age of about fourteen, in each sex, while the genital organs are assuming their proper powers, there is often debility and irritability of the person, and in the female there is sometimes a cough. At this period pulmonary consumption may

come on without suspicion, as all the symptoms manifested are ascribed to the natural change then being effected. And this may be urged as a substantial argument in favor of early marriage and sexual intercourse at this particular time, to assist nature to make a more healthy man or woman, which might be said with safety to far surpass the healing power of medicine in the prevention of pulmonary consumption, by starting puberty or the courses in a natural and healthy manner. If there is slight fever from cold at this period, or blood from the lungs, and a spasm or a cough on taking a deep breath, we may suspect the presence of pulmonary consumption.

Says Combe: "Perhaps the most important time in the life of a person born with a predisposition to consumption is that of puberty, comprising from the commencement of rapid growth to the full consolidation of the system, about or after the twenty-fourth year. In most young people, the transition from adolescence to maturity is so rapid, that for two or three years all the animal powers are tasked to enable nutrition to keep pace with growth, and a corresponding debility of both body and mind is often observed to co-exist, indicating in the clearest manner the necessity of a temporary omission from such studies and occupations as require much mental exertion or confinement within doors. The development and health of the physical system ought then to be almost exclusively attended to; and when the body has acquired its solidity, the mental faculties will again become active. I have seen instances where a knowledge of the latter afforded substantial consolation to young men who, while their bodies were growing rapidly, were apt to become despondent on account of the unusual sluggishness and inefficiency of their intellectual powers. In the course of a few years, when growth and consolidation were completed, the brain vigorously resumed its functions.

"In such circumstances relaxation from study, residence in the country, exercise in the open air, plenty of food and freedom from care, will often do immense good, if sufficiently persisted in, and go far to protect the careful patient against the future invasion of consumption. Whereas, if, under the mistaken notion that such precautionary measures are a waste of time, a delicate growing youth is allowed to continue at his studies, or his desk, till disease has actually commenced, the disappointed parent may discover that it is too late to take alarm when health is gone."

[In connection with this I would remark that we have in this presented to us a striking and powerful argument of the effects that a state of poverty may have in hastening death; a subject upon which I have treated at length in another part of this work under the head, "Effects of Wealth upon Health." In the present state of society, where the wealth of a country is so unequally divided, the great body of young men and young women are obliged, as it were, to keep to their labor at this as well as all other periods; the consequence of which, as Combe remarks, is, in many cases, to induce the early death of this class of people. I would not be understood as saying that at this age persons should not work at all; what I mean is, that they should not be obliged to *over-work* in order to live. There is an extreme of idleness, and there is an extreme of labor; both these should be avoided, as calculated to shorten human life.]

True pulmonary consumption arises from tubercles or canker in the lungs, forming ulcers. Tubercles are enlarged conglobate glands. Their formation and



action depend on different circumstances. They are formed in contracted chests, perhaps from the pressure of the parts around obstructing the passage of the fluids, and sometimes in consequence of an acrimony. As the tubercle does not regularly suppurate, it does not heal. The cyst of it, however, sometimes suppurates, and the contents are discharged; and when suppuration begins, all the symptoms of pulmonary disease supervene. If the tubercle be not deeply seated, it bursts in the chest; but if deep, the matter is discharged into the bronchiæ. If the discharge is not large, the patient throws it off without difficulty; but if the quantity of pus be considerable, he dies from suffocation.

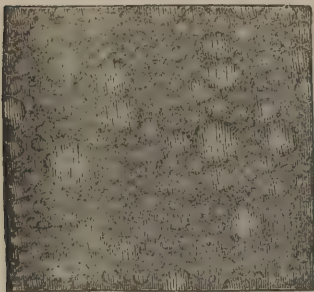
Tubercles are found, on dissecting, of sizes from the smallest granules to that of a large bean. In the smaller ones no cavity appears; but as they increase in size cavities are formed, some of which contain matter. Finally, these tubercles in some measure change their character, when they are known by the technical name of *vomicæ*, being an ulcer with matter that may be expectorated. These increase in size to two or three inches in diameter, with contents of a whitish-yellow, ash-colored, or greenish hue, and sometimes fetid, and when ruptured, more or less reddish. The larger *vomicæ*, or tubercles, or ulcers, are generally found empty; but on pressing the lungs, matter exudes. The branches of the pulmonary artery and vein running upon the tubercle, are much contracted, often filled with fibrous substance, and their pendulous ends completely shut up and covered with a thick slough. This fact may explain why death from bleeding from the lungs has not occurred when so great a portion of the substance of those organs is destroyed. The parts of the lungs around the tubercle are inflamed, and more or less solid, and impervious to the air; the tubercles firmly cling to the lungs, preventing communication between the cavities of those portions of the lungs and that of the thorax.

When a cold does not exist, and there are no symptoms of catarrh, nor any venereal poison in the blood, we may suspect a cough to arise from the presence of tubercles in the lungs, particularly if attended with shortness of breath on motion, and so trifling as to be denied by the patient, or has continued many months. The suspicions may be stronger if the lungs have been injured by measles, local inflammations or other complaints, and confirmed, if, in addition to the symptoms themselves, they are found existing in a person of thin, scrofulous habit, fine and delicate complexion, with swelled lips, glandular swellings in the neck, and hectic fever.

Generally, tubercles are deposited in the cellular tissue of the lungs; but they are sometimes seated in the air cells, the bronchi, or upon the surface of the mucous membrane of the lungs. The changes which occur around tuberculous deposits are congestion, ulceration and suppuration. When the tubercle softens inflammation supervenes in the pulmonary tissues about it. These tissues ulcerate, and thus is formed a cavity around the softening mass. Suppuration takes place in the cavity, which, mixing with the tuberculous matter, forms what is known as an abscess. These abscesses are not often about a single tubercle, but around clusters of them, so that the *shape* of the abscess is generally irregular; and they are various in sizes, from a pea to the occupancy of nearly the entire lobe of the lung. These abscesses, especially when of large size, communicate by ulceration with the bronchi, and cut off the arteries and veins, causing great bleeding. When they destroy the air tubes, there results a rattle in the lungs during respiration.

Dissections of lungs have shown that sometimes the tuberculous deposits have been changed in their nature, and the lungs saved. The marks of these tubercles are generally found at the upper part of the lungs. They consist of small chalky masses, or concretions, with often a harder substance in their nature. Everything connected with these concretions shows that they were originally the genuine tubercles, and that nature, striving against disease through extra inflation of the lungs, and a renovated blood, has changed their state and prevented their producing fatal results in the patient. Frequently these concretions remain latent in the

lungs for years, and health is enjoyed through a long life. From this important fact in the history of tubercles, we may safely infer, that if nature has succeeded in a given case, unaided, in so changing the character of the tubercle by an improved state of the blood as to prevent injurious effects from its presence, it is at least possible that if nature were aided in its labors by proper blood remedies, other and many cases might be shown where the fatality of the tubercle was prevented and the life of the patient saved. From this, as one reason, do I unhesitatingly say that pulmonary consumption is not always incurable.



NO. 17.—SECTION OF TUBERCULOUS LUNG.

However, as these tubercles are deposited in the lungs at different times, it does not follow because one deposition has been cured, consumption may not occur, for each successive deposit must be changed by the same process to prevent final death by the disease; or what is vastly better, if it is found that there has been one deposit, the blood should be cleansed and purified, *that no more depositions from it shall take place*. In this manner we may not only cure cases of consumption, but we may prevent its occurrence.

It has also been found, that in some instances there were incontrovertible signs of tubercles once having existed in a lung, when, on dissection, no part of them remained in any condition whatever. In these cases, the deposition had either been entirely absorbed, or thrown off by expectoration, when the wound made in the lung by the tubercle healed, and health returned to the patient. This is another way in which nature cures pulmonary consumption without any aid whatever. And if this is done without aid, what, let me ask, may not be done when nature is assisted in its labors by a scientific and experienced physician, operating with proper medicines?

The depositions of tubercles take place in successive crops, the first of which is usually small. This, nature often throws off; but if the patient, when in this state, gives no attention to his condition, and lets nature go on unaided, struggling against the disease, there will be other depositions made before the first are changed or absorbed, and so in gradual succession till the disease gains a decided mastery, not only over nature, but over all its known aids. The knowledge of this will show us of what importance it is that in the first states of the diseases, nature should have the assistance of science in some remedy for the relief of the patient. It has been to this point that I have devoted myself in the study of con

sumption; with what success the thousands who have been saved by my medicines can attest.

I would take occasion to remark here, that these tubercles are not always confined to the lungs. They are found deposited in other organs of the body, where the nature and progress is the same as in the lungs, and their effects as destructive and fatal. And the symptoms by which they are attended, allowing for the difference in the functions of the different organs of their location, are nearly the same. The deposit is not unfrequently found in the cranium, especially among children. It is found in the membranes, in the lymphatic glands in the neck; also in the spleen, liver, bladder, kidney, uterus, heart, and in the structure of the bones. It may be questioned if there is any organ of the body entirely exempt from its effects. But it is a general law that when tubercles exist in any other organ, they may be found in the lungs. However, there are exceptions to this; and when these exceptions exist is a matter of the most momentous importance to the physician who attends upon a patient. But I feel called upon to say that there are few physicians indeed who are capable of determining with certainty upon this point. In truth, they seldom think of it. It is by the aid of the Lung Barometer that I have been enabled to satisfy myself in every case presented upon this important matter, and am, therefore, better qualified to treat the patient. And it is from this knowledge thus gained that I so seldom fail to afford relief and effect a cure, where the lungs are not entirely destroyed.

Pulmonary consumption we may consider as one of those diseases which is hereditary—it is handed down from one generation to another in some families as an "heirloom;" and though an inheritance not at all to be desired, it comes without will or law, and as something which thousands are forced to look upon as their sure and certain fate. But it is not always the case that persons born of a consumptive father or mother, or even of both, will be consumptive themselves. The chances are most certainly great that such will be the case, but it cannot be set down as a fixed rule. Generally speaking, those children resembling in form, in complexion and temperament the consumptive parent, will be afflicted with the disease, while those who are dissimilar in these particulars will not inherit the complaint. The same is true in this respect as in respect to scrofula, asthma, and other complaints that seem to be transmitted from parent to child.

It is sometimes the case, that neither parent is consumptive, but the child will appear to have inherited the disease. It may be supposed, that where the *family* is predisposed to pulmonary consumption there may happen to occur a generation in which the complaint will not manifest itself, but will appear as a truly hereditary disease in the next line of succession.

There is a singularity connected with the manifestations of hereditary pulmonary disease, that is, that not only the general predisposition, but the period of life at which the parent and child are affected are the same, independent of external causes, saving pregnancy in the female, and removing to a warmer climate just previous to the critical period. Either of these may put off death for a time, but do not prevent final fatality from the complaint. The symptoms of pulmonary consumption have been noticed to occur repeatedly in the female, and to be removed by pregnancy, perhaps as many as four or five times.

In Southern Europe, pulmonary consumption has been regarded as strongly infectious; and although not generally believed to be so in this country, I regard it



as in many respects a sympathetic and contagious complaint, particularly where persons are long and closely connected. To live in the same room or occupy the same bed I regard as decidedly dangerous, and in some cases have satisfied myself by close observation of the truth of this inference.

In cases where there is a predisposition to pulmonary consumption, it requires great care to avoid the disease. All exciting causes should be carefully guarded against, such as catarrh and fever, especially at that period of life when the complaint has manifested itself in former generations. By giving particular attention to all outward causes that have a supposed tendency to bring on the first stages of the disease, and by taking such vegetable preparations as will keep the blood pure and prevent it from leaving poisonous deposits in the lungs, the person may be carried in safety beyond the critical period and his life lengthened out for years in the enjoyment of good health. And where women are predisposed to this complaint, it has been found that marriage and pregnancy have sometimes not only carried the person beyond the expected consumptive time of life, but that, aided by vegetable preventives, they have proved of more than temporary efficacy against this complaint. It is not, however, always the case that marriage and pregnancy put off the ravages of the destroyer, yet it is very often so; which is a powerful reason in favor of early marriage and child-bearing, as efficacious in lengthening the life of females, considered as a body—as proved by statistical reports, embodied under the head of early marriages and longevity.

With regard to the per centage of cases of consumption arising from hereditary predisposition, there is great difference of opinion. Dr. Walshe, of London, gives 21 per cent. of males and 37 of females from consumptive parents. Briquet, of Paris, gives 30 per cent. from this cause. But I am satisfied, that from the inability to learn the facts in many cases of consumption, and from the well-known reluctance of many patients to admit that their ancestors were consumptive, that the proportion is considerably larger than that given in either London or Paris—at least, that it is so in this country. With safety, it may be set down at 60 per cent., and many contend for a larger per centage. It is thought, too, that the cases of pulmonary consumption which seem to arise hereditarily are in general more unfavorable in regard to a cure or a relief than those springing from other causes.

Reports from the London hospital for consumption show the singular fact, that consumptive fathers most frequently transmit the disease to their sons, and the mothers to the daughters. The reasons for this it would be difficult satisfactorily to explain. With reference to the proportion of males and females, there seems to be a contradiction from reports of hospitals. In some cases, there are more men attacked than women, in others the reverse. It would appear from statistics that in Paris, the number of women troubled of this disease is larger than of the men—say as about 60 to 70; while in London hospitals the number of men is 61 to 88 of the opposite sex. In the city of Geneva, Switzerland, the cases are as 115 men to 106 women. From the Sanitary Reports of the city of New York, we gather that of 1000 persons who died of consumption, that are about 22 more males than females. Boston shows a similar difference, but greater. On the other hand, reports from New York State and from the State of Massachusetts—being country places—show a larger preponderance the other way, in about the proportion of 5 deaths of females by this disease to 3 of males. From this it would appear that some cause exists in country towns to extend the disease among females; while different

causes exist in cities, to aggravate the disease in the other sex. From these facts it will appear that there is difference in locality as regards the outward influences of business under which the sexes are brought. This shows that consumption often arises from causes which might be guarded against; and it shows, too, that by having proper regard to those causes, and intently considering the occupations and habits of individuals, and ascertaining the character and nature of the inducing causes, we should not only better know how to treat each individual case, but our labors would be attended with much greater success than generally falls to the lot of the careless empirics and unprincipled quacks that infest our country under the name of physicians.

What these causes are, it may be difficult to decide with certainty, unless we attribute to the country ladies, their exposures to wet feet, arising from the mud and snow, during the critical periods, habits in fashions of dress,—heavy skirts, tight lacing, open bosomed dresses, thin bonnets and dresses,—self-pollution by masturbation, disappointed love, and protracted celibacy; while the men in the cities are more confined in-doors, deprived of pure air, exercise and light, and subjected to the dust of workshops; and are given to excessive sexual intercourse by prostitution with the harlot, contracting the poisonous venereal disease of the courtesan, and early dying with consumption. If other and better reasons than these can be offered from statistical reports, I would be pleased to hear them.

The influence of age on pulmonary consumption is somewhat remarkable. A very large proportion of consumptives die between the ages of twenty and thirty—probably over one-fourth. Probably three-fifths of those who suffer from it are attacked between the ages of twenty and thirty-five. But it is to be found in persons of all ages, and even the lungs of the foetus sometimes contain tubercles.

Condition of life has its strong influence in inducing consumption. The circumstances which seem to increase the tendency are poverty, sedentary habits, a bent position of the body, impure air in workshops, the inhalation of certain mineral and vegetable vapors, or air loaded with a coarse or impalpable dust, or with light, thready, elastic substances; while those which exercise a preservative influence are easy circumstances, an active life in the open air, and regular general exercise.

Sedentary habits, especially sitting much with the body inclined forward, exert a decided influence in favor of pulmonary consumption. Shoemakers and tailors are largely subject to the disease.

Statistical reports show many curious facts relative to the difference of situation of countries in effect upon consumption. It has been commonly supposed that removal to a warmer climate would prove beneficial to the consumptive; but this is not always the case. The fact is, that a permanent residence in a tropical climate tends to increase the chances of death by this disease, though this is not true of *all* places in the tropical region. In this respect the East and West Indies have been found to differ materially, though situate in the same latitude—the East being more favorable to the complaint than the West. This difference is so marked, that statistics show that the proportion of deaths in the West Indies from this disease is greater than in Great Britain, while in the East Indies it is less. The same may be said to be true with reference to this country; that removal to the East Indies might in the main prove of benefit, while to the West Indies it would prove deleterious. But taking case after case, it may be seriously doubted if removal should be recommended.

Reports from the army of the United States show 9 deaths among 1000 men from this disease in the Atlantic posts and those on the lakes, while those remote from the large bodies of fresh or salt water give only 5 deaths in 1000. This shows a decided advantage in the inland towns. At the same time, a *sailor's life* is decidedly favorable in lessening the number of deaths from this disease.

It has been generally believed that inflammations of the chest and lungs produce a large number of cases of pulmonary consumption; but of the truth of this there is doubt. I think it would be found that where the symptoms of consumption have followed a bad cold or an inflammation, the tubercles had existed in the lungs previously. The cold or inflammation might have *forwarded* the injurious action of the tubercles, but did not *cause* their deposit. However, very serious results follow often from colds and inflammations, and whether they really *cause* pulmonary consumption or not, they should nevertheless receive careful attention

Thus I have shown you the cause, character, symptoms, and history of lung or pulmonary consumption, with statistics connected with its rise, progress, fatality in different places, ages and occupations; and also explained how, by the operations of nature alone, the disease is, in spite of the commonly received doctrine, often cured, and how it may be cured frequently if nature received the proper aid. And I will now assure you, whatever your physician may say, that *consumption is not an incurable disease*. And I do not make this assertion without any foundation—it is based upon the knowledge I have gained by experience and upon statistical information derived from various reliable sources. And let me here repeat, that it is only the *ignorant* who still adhere to the old opinion; being unable, because of their ignorance, to cure the disease in any case, they assert that no one else can cure it. This is certainly arguing from a poor premise, and infusing erroneous opinions among the people, which exert a tendency decidedly injurious. But to prove to you that I do not boldly face the *entire* mass of physicians alone upon this point, (although the *great body* of them are against my assertion,) I will state here that a physician attached to the almshouse for aged women in Paris, found, on post mortem examination of 100 women, all over sixty years of age, and dying of various diseases, that 51 of them presented evidence, chiefly by chalky concretions in the lungs, of tubercles or ulcers once having existed in them, from the fatal effects of which they had been relieved. And a distinguished professor of New York, Dr. Swett, in his lectures before medical students, has admitted that “facts, and especially anatomical facts, *prove beyond a doubt*, that cases do recover, and that these cases are not very rare!” Speaking of consumption, Dr. Dixon, on page 114 of the “Scalpel,” says: “When the constitution can be rapidly improved either by diet or climate, these ulcers may heal, and if no more tubercles form, and digestion and the skin be kept in full play of their powers, so as to produce plenty of material, and it throws off carbon or the useless matter of the system, the person recovers.” What more do we want in proof? And why should you believe the ignorant pretender when he declares that in your case there is no hope of recovery—no chance of escape? His declarations are false—I *know* them to be false—I have *proved* them to be false. Take courage, therefore; and if others tell you you cannot recover, apply at once to some one who will understand your case, and can afford the necessary relief. Give not up to death until you have satisfied yourself by testing some one who has perfect knowledge of all diseases of the lungs and who, if a cure is possible, will be able to effect it in the most speedy manner. And



to those who are continually discouraging the sick by telling them that they are beyond hope, I would say—Go, ignoramus, and *inform* yourself; preach no more your abominable falsehoods; make yourself fit for a teacher before you undertake to prescribe for the afflicted.

### KINDS OF CONSUMPTION.

THE causes and kinds of consumption are so numerous, and physicians making no distinctions between them, but treating all alike, when each should receive its distinctive medicine, that it is not at all to be wondered at that most fail of doing the patient any good. This is the reason why they do fail. Until physicians better understand these matters, they may as well hang up their saddle-bags and do as they have always done—call consumption of every kind by one name—a compound disease, not understood, and incurable.

Is it true that the different kinds of consumption cannot be known and treated as they should be? Unhesitatingly, I say no! I say they can be known, and each separately and distinctly treated with its own appropriate remedies. [See Lung Barometer and its use.]

There is consumption of the lungs, liver, heart, kidney, stomach, womb, spleen, larynx, bowels, and other organs. A wasting disease in any organ affecting the general health may be properly classed under the head of consumption.

When administered to under the knowledge gained by the use of the Lung Barometer, a cure of all lung and pulmonic diseases may be regarded as nearly certain: without this, recovery is mere matter of chance. I have cured many persons who had lost one lung entirely and had the other badly diseased. A man can live with one lung as well as with one eye or arm. The loss of one gives the other greater strength and power. *Some cases of lung consumption* we may regard as incurable; but I seldom fail of restoring to a state of health either one or both lungs unless the invalid is unfaithful to the directions given him. Many fail to experience benefit because they will not sacrifice their convenience or taste; but medicines in all cases must be compounded to suit the complaint and not the taste of the patient. Unless the invalid is willing to make sacrifice of time, taste and convenience to a certain extent, (provided such sacrifices are necessary,) in order to obtain health and enjoy a long life, I am not desirous he should apply to me for help; for it is in the treatment of such invalids that I should lose my reputation for skill, because the public could never become conversant with the facts in the case; and by unfaithfulness the patient would be almost certain to lose his life.

I have seldom treated a case of consumption but that the patient has begun to improve in a very short time, and has gone on from better to better till a cure was finally effected, unless, as is not unfrequently the case, there has been an inattention to the remedies prescribed and the advice given. Frequently I have known an invalid brought up from the very threshold of the grave, and placed in a situation where perseverance in the use of the proper medicines would have certainly made him a well man; but, unfortunately, when the more serious symptoms of the disease had disappeared, the patient would become careless, leave off taking the medicines, go into a relapse and soon reach the grave. A relapse in these cases is almost an ~~invariable~~ ~~event~~. It is indeed strange that a person who has had the cop-

sumption for months, perhaps years, and has been looking for a speedy death, once relieved of his complaint by the power of medicine, and feeling his lungs nearly healed, should give up to carelessness or indifference on some trivial excuse, such as that the medicines are unpleasant to the taste, or he has not time to take them, or it is not convenient to follow advice; and by thus doing fall back into a state worse than at the first. *Persevere*, should be the motto of every consumptive. If you get better, keep on till you are well; and when you are well, use the means and the preventives of disease to keep well. I would enjoin this upon all who ever expect to escape from the consumptive's grave. If it is not attended to, the invalid cannot reasonably hope for a cure.

A physician to treat pulmonary consumption with that efficacy and good result that may attend his efforts, must *know* the real cause of it, and the effect which it has produced upon the organ afflicted. He must understand if tubercles or ulcers exist; if ossification has taken place; if rupture of the air-cells or arteries has occurred; whether the disease is increasing or decreasing; whether it be immediately dangerous or not; whether it can be cured in a long or a short time. He must know what state the blood is in, and whether the disease be scrofulous, cancerous, venereal, or arise from accumulation of animal decomposition, or from adulterated articles of food and drink, mineral poisons, from humors of the blood, or be induced by the action of the mind—disappointment in love or business, &c., &c. He must know the quantity of air the lungs will contain, and whether or not inhalation has been deficient; whether stricture, or a contracted state of the lungs exists; the color of the matter expectorated, if there be any; whether the patient is troubled with canker, sore-throat or catarrh; whether the lungs are weak or strong; whether the liver is affected or not; whether the liver has adhered to the lungs, and matter passes through the lungs from the liver or not; whether the lungs have adhered to the pleura, chest, or to each other; and a thousand other things which may be necessary in the case. And to get at these he must have a Lung Barometer; for by the use of the stethoscope or by sounding the chest, they can never be determined about with certainty. And a principal reason why I have had so much better success in the treatment of consumption is because I have used the Lung Barometer and other inventions of mine, by which I *learn positively* the condition of the parts affected, while others only *judge of* and *guess* about them.

### SOUNDING THE LUNGS AND CHEST.

THE most eminent of medical men have of late nearly discarded the use of the stethoscope in determining the nature of consumptive diseases. And, in truth, there can be but little reliance placed upon it. In order that you may be able to comprehend in some measure the difficulty of determining the condition of the lungs by sounding the chest, either with the stethoscope or by percussion (rapping on the chest,) I will endeavor to show you the doubts thrown over these methods by those who practice them, and the reasons why such soundings are rendered doubtful in their results.

In the first place, to learn anything at all from percussion or rapping upon the chest, you must clearly understand the *natural* resonance of each and every patient while in health; you must know the elasticity of the internal organs, and the

parities of the chest. These are by no means alike in different persons—the lungs are not equally elastic in different individuals, nor equally charged with air; so that on examination we find much greater resonance in one person than in another, though the lungs of both be perfectly free from disease.

There is also great difference arising from the presence of great or small muscles upon the chest, from the pressure of flesh in greater or less quantity, and from the condition of the heart, (which may be enlarged in its bed in the lungs, and cause a very different sound on rapping from what would otherwise result,) also from the condition of the liver and spleen, (which encroach upon the cavity of the chest and cause in their well or diseased condition much difference of sound.) When the muscles of the chest are thick, scarcely anything can be determined from rapping. In the female, the fullness and size of the breasts often prevent the gaining of any certain information of the conditions of the lungs in all that portion over which they extend. Upon the back, the shoulder blades extend over a large portion of the lungs, which makes it impossible to obtain any accurate information from rapping in that quarter. The degree of tension of the muscles also greatly affects the resonance of the chest, and it requires the nicest care to so place the patient that you can learn by a comparison of the two sides how much one is affected; for if there be the smallest difference in the tension of the muscles of each side, there will be a corresponding difference of sound.

In addition to these *natural* difficulties, there is a greater one arising in the way in which the operator will percuss the chest; and from the chest of the same individual no two operators will obtain the same sound. That this is so, I will not ask you to believe on my authority alone, but to establish the fact to your satisfaction will quote from a series of lectures delivered at the New York Hospital by a distinguished professor of the allopathic school, Dr. Swett. He says—

“The act of percussion seems to be a very simple thing; you may think that you can practice it perfectly after a little practice. But it is not so. It requires much practice and care to percuss the chest well. Look at those *who have practiced it for years*, and what a difference is there in the *results obtained by different practitioners*! One will render a slight difference in sound in different portions of the chest quite apparent, while another will obtain only the most unsatisfactory results!”

The truth of this, as set forth by the professor alluded to, is admitted by the medical faculty generally—at least by all that portion whose opinions are considered of any worth.

Sounding the lungs by *auscultation* (that is by listening with the ear applied directly to the chest, or by using the stethoscope,) is liable to the same difficulties and differences in result, and for the same reasons as percussion or rapping. There is such difference in different persons, whose lungs are perfectly sound, that unless the practitioner has been acquainted with the respiratory sounds of his patient before the patient was sick, and has a very nice ear and a retentive memory at that, he will be very liable indeed to be mistaken not only in regard to the state of a disease but often as to what the disease really is. Accidental causes of various kinds—agitation of the mind—pains in other parts of the body, fear, nervous excitement, and numerous other causes, many of which it is impossible the physician should have cognizance of—so markedly affect the respiration, and through that the sounds in the lungs, that the chances are more than equal that the observer will not be able to determine the condition of those organs, even under those parts of the chest



where nothing intervenes to prevent the hearing. This being the case, (as is also admitted by the professor alluded to,) how can it be with any reason believed that even the closest observer can *accurately* determine the condition of the lungs by the means and in the ways mentioned. It is impossible. And yet I have been informed on the most reliable authority, that a doctor in New York who claims for himself the highest skill in the cure of consumption; and who is quite deaf of one ear, as often uses the deaf ear in his examinations of the lungs as the other one! This shows of how much service such an examination would be. Could a man partially deaf hear those slight and delicate sounds made by the air in the lungs? Certainly not. Such an examination of the lungs is fit to be classed with the use made of the other deaf and blind catch-traps of this *eminent* (?) physician—shoulder-brace, supporter and inhaling tube. Those inventions, though useful at times and in certain complaints, are quackish in the application to which they are often put, and are used as mere hobbies to deceive people and lead them to resort to useless means to obtain relief from disease. Consumption cannot be cured by *rule*, nor can the different kinds of this disease be subjected to the use of supporters, braces and tubes, as is pretended.

Says Dr. Dixon, in the *Scalpel*, page 109:—"Many physicians carry about with them the stethoscope, a small cedar stick with a hole in it, ornamented with ivory, to give it 'professional effect' in the eyes of the people; but it is for the most part a mere trap to get business by!" Page 110—"It is very mortifying to observe the use made of the stethoscope by many physicians; to see them frighten and fatigue a poor invalid, by their tricks and solemn countenances, when nature or over-feeding has made many of them so obtuse in their hearing and intellects, that it can convey no particle of information."

It being the case, as I have shown, that these means of determining the condition of the lungs often prove fallacious and render every thing therewith connected uncertain, what is it the duty of the medical man to do? Should he continue in this uncertainty? Are the matters of commerce and of pecuniary gain of greater account than human life, that man should be without a sure guide to disease, while by many inventions he is placed in comparative safety upon the ocean, and surely directed in his labors upon land? The sailor, though no cloud looms upward in the space over which his watchful eye extends, regards with anxiety his barometer which foretells him of the coming storm; and ere the fury of the hurricane, which else had buried him in the bosom of the ocean, is upon him, he furls his sails and securely rides out the gale. And when the fogs of the ocean encompass, and the darkness of the night envelops him, so that nature gives no guide to his course, he watches the compass by his side and sails forward in security. And so is it in the other fields of life. But in *disease*, we have been left without a guide, and all action has been made in the dark, without certainty, and by guessings, experiments, and clap-traps. And so it might have continued for ages to come, had not the author entered the field of invention, and determining to devise some means to learn the exact condition of the afflicted sufferers, brought out the Lung Barometer as the fruit of his laborious toil. This has opened the door of knowledge—has made the crooked roads straight, and given confidence and hope to the afflicted. By its use the state of the lungs is *accurately* determined, consumption is foretold, and the individual warned to prepare his bark to encounter the coming storm; and consumption is placed in the list of curable diseases.

The mineralogist, as he traverses the earth in search of mines of wealth beneath the surface, is directed by his metallic needle, which points downwards to the stores of ore beneath. But for this he had wandered far without profit; the mineral wealth of the world had lain undiscovered of man in the bosom of the earth, and where now plenty abounds, ruin and idleness have prevailed. But though directed by inventions to the gold and the silver that enriches, man has had no security against disease. Even while searching for that which he hoped would give ease and comfort to his later days, the fangs of consumption were fastened upon him, and he knew it not till the destroyer was ready to slay. Had he been under the detecting eye of the Lung Barometer, he had escaped destruction; for this would have warned him of the first approach of the disease, and he might have been saved to life and to the enjoyments of the world.

We have the clock and the watch to give us the hour of the day; the scale to determine weights to exactness; the thermometer to indicate the degree of heat; and numerous other inventions that detect with unerring certainty in the uses to which they are employed. Still, in that most important of all earthly matters, the health of the human being, there was for ages no infallible detector and guide. But this state of criminal ignorance no longer exists; the genius of man has finally invented the means by which all conditions of the lungs may be determined, and through it the raging pestilence of consumption is forever robbed of the terrors that for ages have clung about its name. [See Lung Barometer.]

A physician should be both a natural mechanic and an experienced practitioner, so as to know how to adapt his mechanical helps and his different medicines to each individual case of consumption; since no two cases will be found exactly alike, any more than the physiognomy of two persons will be alike. There may be a strong resemblance, but there will still be a difference. A physician can no more cure different cases of consumption by exactly the same treatment than a blacksmith can fit one shape and size of shoe to the feet of all horses, or a hatter one hat to all sizes of heads, or a milliner one glove to the hand of all ladies, or a tailor one coat to a dwarf and a giant.

### IMPORTANCE OF LIGHT ON HEALTH.

THE effects of light on health and on the human system generally, both mentally and physically, have not yet been fully elucidated and explained. We have only of late begun to perceive with clearness and to trace with certainty its influence on vegetable, animal and chemical substances.

Light in general separates oxygen; it changes nitre into nitrous acid, and the oxy-muriatic to common muriatic acid. Light also deprives many preparations of their peculiar color and medicinal value, particularly phosphorus, and seems greatly to influence the progress of crystallization. Carmine requires to be exposed to a strong solar light, for a cloud, it is said, will spoil the color.

In the vegetable kingdom, and from the humblest plant to the tallest tree of the forest, we find that the absence of light deprives the leaves of their peculiar and beautiful colors, and the vegetables of their taste and healthfulness. Humboldt found in shafts of mines that the leaves of plants were not shaped the same as were those of the same kind growing in the light above. The florist can tell you of

the great importance of light to give a healthy and beautiful growth to his various plants and flowers. Plants grow very feebly and imperfectly without light. Their growth is not wholly dependent on the decomposition of water; but their color depends materially on the decomposition of water and the carbonic gas.

Animals which most usually live in the open air, by confinement and exclusion from light, become feeble, and lose a great portion of their health, liveliness and color. Other animals, as the mole, the pangolin, and some others which scarcely ever see the day, are not white, and are peculiarly active and intelligent. Some animals emit light in their motions, and this light is connected with their life and activity, as in the lampyres, the glow-worm, the insects in oyster shells, and those which illumine the sea in storms; in these it seems that light enters into the composition of those fluids to which their activity is owing, giving a lively action to the phosphoric acid of which those animals are greatly composed. The eyes of the cat give out a light in the dark; and if we rub the hair of this animal in the night, it will emit sparkles of light.

I have previously shown, when speaking of the causes of insanity, that all living beings having the greatest proportion of phosphorus or phosphoric acid in their compositions, have the greatest activity and liveliness; and that the brains of all animals, mankind included, containing the most phosphorus, gave the highest degree of mental activity and intelligence. I also stated that idiots, and animals of a low mental caliber, were destitute of a due share of phosphoric acid in the brain; that they must necessarily be so; and that chemical analysis had established this fact; and further, that persons having a very large share of phosphorus in their brains or bodies, were the most sensitive and nervous, and the most likely to become insane or broken down in their mentality, under the influence of long continued or rapid currents of nervo-electricity, passing to the brain—caused by fright, disappointment in love, or any other mental excitement—and convulsing the brain by action upon the phosphorus.

It is a fact established by practical observation, that active, nervous and highly sensitive persons, are the ones most likely to become mentally deranged by the perplexities, disappointments, and embarrassments of life: and with such persons men in their promises and transactions should be punctual and honest, and act with them according as they agree, or the mental balance of these persons may be overthrown and perhaps destroyed forever—the nervo-electricity acting so powerfully upon the brain when it is unfitted for the shock, the connection of mind and matter is dissolved, and saneness is dethroned.

All persons are aware, or should be, that the relations of accidents or troubles to interested persons, should generally be by degrees rather than hastily, for fear of the suddenness of the matter communicated operating injuriously upon the mind. That those animals most susceptible to the power of electricity or galvanic batteries are charged with phosphorus in the largest quantities, was determined by the experiments of Galvani, from whence we argue that men containing phosphorus in large proportion are more likely to be injured by sudden electrical excitement than those possessing less.

Light may properly be said to be a component part of our bodies; and it seems to be particularly connected with the activity of the mind. At night or in the dark we are inclined to be dull and sleepy; and so it is with the animals.

When we reflect that the general health is apparently connected with light, and



that this peculiar acid of the system, the phosphoric, has a powerful attraction for light, and appears to contain it, not only in a chemical combination, but when in the form of an oxide united with it, and allows it to separate without decomposition, we may suspect it to be a greater and more powerful agent in the animal economy than has yet been believed.

In proportion as light is shut out of our houses, churches, and school-rooms, will the mind become sleepy and inactive, the body lose its strength and health, the liveliness and color depart, and the system become feverish; and if the rooms are damp, we shall lose our nervous and mental activity, and become scrofulous or consumptive, perhaps sicken and die. Deprivation of light destroys the health of body and mind, by destroying the phosphorus of the body. Dark, damp houses destroy the phosphorus and prevent the nervous electricity from passing on the nerves and acting upon the brain; and for this reason a person having great mental labor to perform soon loses something of his mental acquirements when he is confined to business in dark and damp rooms. And the same is true with reference to his bodily health if he live in a dark and damp house. Dark and damp days are dreary and dull seasons to persons of lively mind and active body, with a large share of phosphorus and nervous electricity, because the diminution of light affects the phosphorus, and the dampness of the atmosphere prevents the easy and frequent flow of the nervous electricity. This it is that makes damp houses, stores, churches and other places of business so destructive to the health.

A person with a small share of phosphorus in his blood is never remarkably active—never noted for acts of heroism. The reason why is, that he cannot be electrified by any nervous electrical excitement; but one having a large share of the phosphorus is filled with life and overflowing with heroic deeds.

The phosphoric acid of our bodies, with its attracting and absorbing power for light, together with its being the highest principle in man's existence, when electrified with electricity from the body or nervous electricity from active passions of men, is the source of the activity and liveliness of the person. And when we are shown by chemical investigation that phosphorus absorbs and requires light for its support, in connection with the support derived from the food taken into the system, we can see the wisdom of the Deity in so bountifully supplying us with light, not only to directly sustain our bodily and mental activity, but to give to the animal and vegetable worlds a large share of phosphoric acid, from which phosphorus is mostly obtained—that man may be constantly supplied through these sources with the active principle of his existence; for a person nearly destitute of this principle is but at best a drone in society, if not truly idiotic.

Phosphoric acid or phosphorus is decidedly dangerous in its action when in the form of a medicine, and should not, therefore, ever be used in a greater quantity than is found existing in some animal or vegetable substances, which are taken in the form of food. [See table of foods containing phosphorus.]

## AIR, AND ITS EFFECTS UPON HEALTH.

ATMOSPHERIC air is a compound gas, the constituents of which are one-fifth oxygen and four-fifths nitrogen. Nitrogen, of itself, seems to possess no decidedly active properties, and its use is evidently to dilute the oxygen, which, if taken pure

would prove highly injurious. Oxygen, on the other hand, possesses exceedingly powerful and vital properties.

Air is necessary to animal existence—as is easily to be seen by experiments made with the air pump. Deprive a man of air and he will soon die. Toads, vipers, eels, insects of various kinds, and fish, will survive for a short time in an exhausted receiver, because they expend the oxygen slowly and separate it perfectly from the nitrogen; but they will die sooner or later if deprived of air.

Air is a fluid of extreme rarefaction, and is moved by the slightest force. It is invisible; it refracts, but does not reflect the rays of light; it is inodorous and insipid, and its weight is not perceptible except in large quantities; but it possesses a great power of elasticity. Its particles are said to be too small to be perceived by any microscope. It is a vehicle of sound, of the objects of taste, and of effluvia to the nose. It is a part in the composition of all bodies, but cannot be rendered of itself solid by any known means. Heat rarefies and cold condenses it.

The effects of air upon the spirits as well as upon the health are great. Thus, when the air is light, we find languor steal over us; when it is heavy, our spirits are brisk and free.

Of the two compounds of air, oxygen is, as far as has yet been ascertained, the only sustainer of life. It is this which gives to the blood its healthy properties and bright color, and removes from it its impurities. It imparts to the brain, the muscles, the stomach, the heart, and every other organ, a principle which gives them energy and power, and keeps alive the body by removing from it those substances whose accumulation would soon destroy it.

If the lungs were to receive constantly a larger portion of oxygen than they obtain from the common air, all the operations of the body would be accelerated to a point incompatible with its relations to the other departments of nature, and the system would soon be destroyed by overwork. The presence of nitrogen, therefore, serves the purpose of tempering the oxygen to a degree proper for the just and equable operations of life.

The stimulating effects of oxygen may be observed by letting a person inhale an air containing two parts of that gas to three of nitrogen. It will excite all the animal functions to a much greater degree of activity and force than is natural. The muscular system is placed by its influence almost beyond control; the energies of the mind are increased; and the circulation of the blood is accelerated. This air can be breathed with safety but for a very few minutes.

This will show you the influence of oxygen on the human system when taken in greater quantity than is designed by nature. And, on the other hand, a reduction in the amount of this gas below the quantity found in the purest atmosphere, tends to reduce the energies of the system beneath the standard of health, gives rise to debilitated bodies, diseases of various organs, general deficiency of strength, or, when carried to too great a degree, to death, more or less sudden.

When, from any cause—and the causes are various—the oxygen in the air taken into the lungs is reduced in quantity below the standard found to exist in the common untainted atmosphere, we may say that the air has become *impure*. In this condition, it is not *fit to breathe*; and no man can breathe it continuously without experiencing effects decidedly injurious to his health. In truth, impure air is one of the scourges of mankind. No age or sex is exempt from its influence, but especially are they subject to its evils who live after the fashions prevailing under

modern civilization and refinement. Impure air is a prime and continuous cause of disease and death.

There are some conditions of the atmosphere beyond the control of man, out of which flow to him diseases of various kinds; but it is nevertheless a fact, that at least one-half of the maladies received from a bad air arise from causes easily understood and which might be prevented! This no one denies, and yet, the importance of having pure air is a subject that receives but a small share of attention.

Writers on pestilence have noticed two distinct species of virus applied to the body through the medium of the air—1st, that arising from the putrefaction or decomposition of dead animal or vegetable matter; as the exhalation of marshes, sewers, graveyards, bogs, uncultivated or undrained plains; the accumulation of filth in cities, houses, &c.: 2d, effluvia generated by the decomposition of the natural exhalations and excretions of the human body, (growing out of a natural tendency to putrefaction of our bodies, when they are excluded from pure air,) accumulated and confined in ill-ventilated habitations. The first has been called marsh miasma, and is supposed to give rise to yellow, remittent, bilious and intermittent fevers, dysentery, and perhaps cholera. The second, sometimes termed typhoid miasma, usually gives origin to common typhus and low nervous fevers.

From these two sources arise many of the diseases which impair the bodily and mental health of the people, and bring a considerable portion prematurely to the grave. If we allow the sources of impurity to exist in or around our dwellings, we are virtually poisoning ourselves; and while many, from these sources, die of fevers and other acute diseases, the remainder have their health impaired and their lives shortened; and an unhealthy race arises in consequence of the great defect. The medical man may be told, when he speaks of the subject of ventilation, that ventilation is a hobby of his, and that hitherto people have got on very well without attending to it. But this does not alter the fact that without ventilation the body and mind are seriously affected to illness.

It is generally supposed that the larger comparative mortality in large towns among the poorer classes, is chiefly attributable to meagre and unwholesome food, and immoderate indulgence in adulterated and poisoned liquors. And these do in truth operate as destroyers of the human race. But in this country, where, for a portion of the year, we experience a degree of heat but little below that endured in the tropics, which quickly decomposes all dead animal matters, meagre food and bad liquors are insignificant causes of disease compared with impure air—either that previously respired or that rendered unwholesome from being loaded with the particles of decayed vegetable and animal matter. That the use of the same food and drinks in the country, where the air is generally comparatively pure, are attended with much less of sickness and mortality than in the impure and close air of cities, is a fact universally known.

The influence of pure air to stay the ravages of an epidemic have been often witnessed. It is indeed a powerful disinfectant. It has been repeatedly noticed in the large manufacturing towns in England, that the number of fever patients in the hospitals during seasons when nearly the whole population was shut up and at work in the bad air of the factories, was much larger than in seasons when they were all turned out into the open air by a stoppage of the mills. Sometimes the reduction of fevers in the times when the people were out of work and out of doors, was as large as from 8 to 2½!! And invariably, no sooner have operations been



renewed in the mills and the inhabitants returned to their labors therein, *than* the fever has gone back to its former numbers, and sometimes new epidemics have broken out. This fact alone is sufficient to show the necessity of pure air in order that we may enjoy good health.

And there are on record many instances where the progress of an epidemic has been suddenly stopped by simply ventilating a house in which it prevailed. Dr. Arnott, of England, makes mention of a vast lodging-house connected with a manufactory at Glasgow, in which fever formerly *constantly* prevailed, but where, by making an opening from the top of each room through a channel of communication to an air-pump, the disease had *disappeared altogether!* The supply of pure air obtained by that mode of ventilation was sufficient to dilute the cause of disease to such a degree that it became powerless in the production of sickness.

In the famous "black hole" of Calcutta, one hundred and forty-six Englishmen were shut up at night in a small, close room; in the morning but twenty-three were alive—the remainder had perished of a horrible death. There were not more than four or five thousand cubic feet of air in the room; and as each person should have had at the least three hundred cubic feet, the oxygen of the air was very soon exhausted, and the carbonic acid gas thrown out of their different lungs into the room and received back again, soon poisoned them to death. And the few who were found alive in the morning were so affected that they are said "to have been attacked with a fever analogous to typhus."

Besides these cases, thousands of instances are recorded where ventilation has banished epidemic fever. I will mention one more of these. At one time in Glasgow, there was a building inhabited by five hundred persons, crowded very thickly together. Not one of the rooms was ventilated—the inmates would not be prevailed upon to ventilate them; and fevers constantly prevailed. At one period for two months there were not less than fifty-seven cases in the house! At last the proprietors of the factory connected with the house fixed a tin tube of two inches diameter into each room and communicated it to the chimney of the factory furnace. Thus there was produced a constant draft from each room, and the inmates were *compelled* to breathe pure air. The result of this simple contrivance was, that for the next eight years fever was scarcely known in that building! And by comparing the amount of sickness in the ill-ventilated jails and prisons of times past with that in the better ones of to-day, we shall see the effects of good air upon the health of man. Before the days of Howard, jail-fever existed almost constantly in all the jails of Europe.

A striking case of death from the want of air occurred in 1797-8, on board a small vessel belonging to Southampton, England, in which were seventy men, women and children, coming from Jersey. A heavy blow coming on, the captain sent all the passengers below, for the greater safety of his sloop; laid on the hatches, and battened them down with tarpaulin. When the hatches were opened, there was not left a living soul among the seventy!!

Such cases as these, and those that sometimes occur on board slave ships, and emigrant vessels, show how mankind are affected by *foul air*; and though death does not always result immediately, as in some of the instances noted, *bad air*, no matter how small the quantity, operates injuriously upon the system, in proportion to its strength and the length of time it is inhaled.

Mankind appear to have early learned that cleanliness and pure air contributed

greatly to health, and plague and pestilence have always been somewhat under the control of sanatory measures. Moses inculcated scrupulous cleanliness, and among the Egyptians and Grecians laws upon this subject prevailed. In Rome, shortly after the foundation of the city, sewers on an extended and magnificent scale were commenced, "to remove all filth and odor, which in a great capital too often breed pestilence and disease." These sewers were large receptacles for the filth and dung of the whole city. They were begun by Tarquin, fifth king of Rome, and finished by his grandson, Tarquin the proud, six hundred years before Christ. They were built under the city and the arches were so high that men on horseback could ride through them. The principal of these sewers still exists. The Romans also drained the marshes near the city, and drew off all the stagnant waters, to render the place healthy. The celebrated Appian way, that cannot now be even approached, ran through the marshes, south of the city. But the glory of Rome has departed—her sewers are filled up with earth and rubbish, the marshes around have returned to their original state, and the once healthy city is described by McCulloch as "a land whose fragrant breezes are poison, and the dews of whose summer evenings are death."

The contagious viri of small-pox, measles, scarlet fever, and all other diseases of that class are communicated through the atmosphere, and actually inhaled into the lungs, and absorbed into the circulation. In the same manner, consumption, where the communication between two persons is long and close, is inhaled into the lungs and blood of the well man from the impurities thrown off by the sick of that disease. The chances of infection are always in proportion to the amount of virus inhaled, (the condition of the body being supposed to be always equal,) therefore, it follows, that if the fetid air of a sick room be diluted with *pure* air, the chances of disease to the physician or visitor are lessened. Thus, in a well-ventilated apartment, with a dozen sick men, you are less liable to contagious disease than in a close room with only one. These facts are well known from the statistics of hospitals in various parts of the world.

Although fevers arising from impure air may be classed as the largest in numbers from that source, there are various other diseases which are largely contributed to by this cause. Diseases of the digestive organs, inflammation of the air passages and lungs, skin diseases of various kinds, consumption, and numerous other complaints, with gradual deterioration of health generally, flow largely from this prolific source. Nor does the evil stop with the body; it extends to the mind, and often exerts a greater or less degree of paralysis upon the spirit; the ambition is destroyed, and slothfulness casts a gloom over all the intellectual faculties.

That consumption is greatly influenced by impure air, we may infer from the fact that statistics show that of the three classes—gentlemen at large and professional men, tradesmen or storekeepers, and mechanics or artizans—the average of deaths by consumption in cities is 16 to the first, for 23 of the second, and 30 of the third. The manner in which many tradesmen live (in the back room of their stores) and their confinement in a bad air for so many hours, will account for the fact of their greater liability to disease; while for the mass of mechanics we have only to look at the places in which thousands work day after day, confined to a close compass and exposed to dust from the movements of machinery, to understand why they

should sooner run into consumption than professional men and gentlemen of leisure.

Bad air operates banefully upon the health and lives of infants. This I shall show by one statistical fact. At the Dublin Lying-in Hospital, in three years 2,944 out of 7,650 children died within a fortnight after birth. This is over every third one! Dr. Clark, the physician, suspecting this mortality to arise from want of pure air, contrived to introduce a full supply of this element into all the apartments, and as a result thereof, he found that in the next three years there were only 165 deaths among 4,245 children—less than one in twenty-five! This shows plainly what a difference is made by pure air. Considering this fact, is it not a matter of surprise that mothers should swathe their children in blankets and cloaks lest they should be visited by a breath of the pure air of heaven? And yet, in spite of our knowledge upon this subject, we are plunged into a bad atmosphere as soon as born, and continue in it uselessly a good portion of our lives. As babies, we are swathed in blankets like so many mummies, and kept in close rooms continually, lest we take cold. As school children, we are crowded into unventilated rooms, where the air is breathed by perhaps a hundred others, where the oxygen is exhausted by an air-tight stove, and where artificial stimulus is substituted for the natural stimulus of the air. As mechanics, we are confined often to foul and dusty shops, where fine particles of poisonous matter are continually entering the lungs; or as clerks, cooped up in the counting-room, where the clear winds of heaven have never dared to come; or as factory operatives, inhale dust and particles of cotton, and breathe a tainted air that breeds fever and consumption.

In short, whether in the church, in the court-room, the lecture-room, the ball-room, the sitting-room, the chamber; either at home or while stopping at fashionable hotels; in the cabin of the steamboat, in the rail-car, in truth, in almost any situation resulting from our civilization in which man can be placed, we are deprived of a proper share of good and wholesome air. And we *endure* this—we *suffer* this and from this, when a little attention to the demands of nature by the proper ventilation of the buildings in which we live and visit would give us increase of health and prolonged length of days. Physicians, health committees, and owners of buildings unventilated, and conveyances destitute of air, should give more attention to this subject of a pure atmosphere for the people. And if it can be done in no other way, the strong arm of the law should interfere in at least so much that all boats and ships for public conveyance, and every building used for any purpose whatever wherein mankind are to live or to be for any length of time, should receive proper ventilation. If this were done, our bills of mortality would largely decrease, and the universal race become healthier, happier and wiser than at the present day.

Pure air and light are great preventives of poor health, disease, and death. It is truly surprising to see how little attention the great mass of men pay to these essential elements, though generally aware that life and health in great measure depend upon them.

Pure air and light exert a most powerful influence upon the whole animal and vegetable kingdoms. This may be seen at once by comparison.

Look at those persons that pass the greater part of their lives in factories and coal mines, in prisons and in cellars, huddled together in great numbers, rendering



the air poisonous by the impure exhalations from their bodies, where the sweet light and pure air are strangers.

Observe their emaciated frames, and haggard countenances, and sunken and expressionless eyes, and their **ALWAYS** pale and sickly skins.

Observe the countenances of those that pass their days in cities, and mostly within doors, where the air and light are not as pure and abundant as in the country. Contrast all these with the generally robust frames, and florid countenances, and healthy skins of those who reside in the country, and whose occupations lead them to be much exposed where light and air, pure and strong, are poured around them in rich abundance, imparting a vigor, and color, and power, unknown to the pale and languid inmates of prisons, and mines, and factories, and underground rooms and cities.

Observe the boarding-school miss, as compared with the country lass that milks the cow and dances in the sunshine.

Look at the student, that exhausts the midnight oil in poring over his books, as compared with the young man that grasps the plough and swings the scythe.

See you no difference between the two in the speaking lines of health, and bloom, and vigor? Whence the cause? Surely, naught but pure light and air, enjoyed by the one more than the other, in connection, perchance, with more healthful exercise.

How is it in the vegetable kingdom? Do we not see plants that are placed in cellars and shady rooms present a very pale and sickly appearance after a little season, while those that are placed in well-lighted rooms, and other places where air and light are abundant, present a healthy, deep green color, with blossoms far more brilliant?

Thus we see that light and air are essential to the health, and growth, and perfection of the vegetable as to the animal kingdom, and that neither can thrive and be vigorous without them.

Who, then, that would sustain the functions of his skin and body in a healthy state, will neglect to properly ventilate and light his parlors, his sitting and sleeping rooms, his workshop, his store and counting-room, or whatever room he may stately occupy?

The parents, and guardians, and teachers of children and youth should see that their places of public instruction are all well lighted and ventilated, if they would promote their comfort and health.

Parents should also see that their children are provided with spacious and well-ventilated sleeping apartments. The practice of putting several children in a small room to sleep, and closing the door, and, perhaps, adding to the list one or two grown persons, is destructive of all comfort, and highly injurious to health. It is the direct way to enervate and render nervous and feeble children that are naturally healthy and strong.

The air, in a small room in which several persons are put to sleep, with the door and windows closed, becomes corrupted by being breathed through the lungs, and rendered highly poisonous and unfit for use, and is dangerous to health in a high degree.

Men are like fish in this respect. You put a large number of fish in a small quantity of water, and as soon as it has passed through their gills, as it very soon

will, it is not fit for use. The life-giving principle has been extracted from it. It can, therefore, no longer sustain life, and they all soon die.

If you put a mouse into a jar, and cork the mouth, he will at first take no notice of it; but as soon as the life-giving principle of the air in the jar is destroyed by passing through his lungs, he will manifest great uneasiness, and soon expire. So, if children or grown persons be placed in a room poorly ventilated, they will suffer injury; and if the room were to be made sufficiently tight, so as to exclude entirely the ingress of the external air, they would all soon die.

All places of public resort for great numbers—as churches, theatres, concert-rooms, school-houses, and the like—should always be well ventilated, both for comfort and health. It is truly astonishing to see how little attention is paid to this important condition of comfort and health. If the evil were as apparent as it would be in twenty-four hours, if large bodies of people were to remain crowded together, it would excite universal attention, and the evil would be universally remedied.

Much yet remains to be done for the improvement of the public, as well as individual health. Moral philosophers and Christian philanthropists have a duty here to do, and great is their responsibility to their fellow men, nearly all of whom, in relation to this subject, are “sitting in the region and shadow of death.”

If we ourselves would enjoy good health, and impart, so far as possible, the same invaluable blessing to our children and others, we and they must pay a due regard to proper clothing and diet, must keep the skin pure and clean by bathing, sleep in well-ventilated rooms, let the light of day be poured in upon us, and ever be surrounded by pure and fresh air.

This will give health, vigor and elasticity to our bodies, clearness and energy to our minds, and send the pure blood in healthful currents through every vein and artery of our frames.

### LOSS OF THE SENSES PRODUCES CONSUMPTION.

The deprivation of the blessing of sight, hearing, feeling, tasting or smelling, is frequently a cause of consumption. Therefore, we should strive to preserve to ourselves these senses in their fullest powers, not only that through them we may be enabled to enjoy life in its fullness, but also that by the loss of any we may not be visited by disease.

To be deprived of the great blessing of sight is indeed to be subjected to a calamity of magnitude. To be cut off from the enjoyment of all the beautiful works of nature and creations of man,—to behold no more the green and growing grass of the fields, to see not the beautiful verdure of the waving trees, to be blind to the gorgeous colors of the rainbow and sightless in the presence of all the works of the painter, the sculptor, and the architect, and to be unable to receive light into the mind from the pen of the poet and the scholar—to be away from and beyond the influences of these things, is indeed a sore affliction, such as only he who has once looked upon the fair face of nature, and then been shut out from the enchanting vision, can adequately feel. And when to these is added the thought that one can no more behold the faces of those friends near and dear to him upon the earth,—that he cannot bask in the sunshine of their smiles and look back love to those who gaze with fond affection upon him, how agonizing indeed must be the

thought! It would seem that this were enough for mortal to endure, without subjection to the further infliction of disease. But unfortunately the individual does not always escape the latter trial; often consumption arises to him from the loss of sight—the veins being so intimately connected with the brain—and hurries him forward to the tomb; and this, too, when the cause of disease is attributed to another source and his blindness left uncharged of his further trouble.



NO. 18.—GRUBS IN THE BRAIN AND OPTIC NERVE.

The loss of sight is sometimes caused by the presence of grubs in the optic nerve. A portion of the annexed engraving represents the *optic nerve*, laid open, exposing small grubs therein. Also a grub is presented in the *brain*, which would be likely to produce insanity.

The cerebral grub, is the animal which causes vertigo in sheep; and by naturalists and physiologists has been supposed to occasion mania in man.

And as with the sight, so with the hearing. It would seem that to be cut off from

listening to the melodious voices of nature's minstrels, who make the woods and fields and the very heavens vocal with sweet sounds; to hear no more the soothing voices of sympathizing friends, the laughter of gay children, the ripple of the dancing brook, the rustling of the soft wind making music in the trees, the sounds of instrumental melody, and the thousand harmonious voices of nature that give pleasure to the mind through the listening ear,—are enough of worldly deprivation and trouble, without having arise to us therefrom the ghastly spectre of consumption. And though we have a hope beyond this vale of tears, and look forward with something of anticipation to a happy meeting of friends and relatives beyond the grave, where we shall hear the voices of father and mother, of brother and sister, of wife and children, and behold their countenances radiant with heavenly joy, we are not altogether resigned to live on in blindness of eyes and utter deadness to all the sounds of earth.

The loss of feeling also often causes consumption. The nerves of the human system, being millions in number, run over it in every part, so that a needle in entering the body punctures numbers of them; and through them do we experience the sensation of bodily feeling. Hearing, seeing, tasting and smelling also depend upon the nerves, and upon their being kept in a condition of health and activity; and the life and health of these is dependent upon the condition of the blood and nervous fluid.

Thousands are the dangers of life to which we are exposed and escape from by the action of the nerves. If the nerves are cut off, the connecting link from the body to the mind is broken and sensation and nervous feeling destroyed. Blistering, cupping, burning, raising tartar-emetic sores, and such barbarous methods of treatment in the cure of diseases often separate important nerves leading to the brain,



lungs, liver, and stomach, and cause an unhealthy inactivity of those organs, whereby consumption is induced.

Various are our delightful enjoyments, that depend on the healthy condition of the nervous system. Ask the deaf and blind, the importance of feeling; ask yourselves the importance of feeling; and when you have realized it, never allow a doctor to cauterize any part or organ, for fear of severing nerves leading to the brain, and thereby destroying sensation!

Quack doctors have cauterized the nerves of the genital organs for a pretended cure of seminal emissions. But for the production of our species, such a course is highly dangerous. Such cases only require the natural remedy to quench irritation and passion through the divine institution of marriage. For example, see how the nerves of foundered horses are separated above the hoof, thereby destroying nervous sensation without curing the disease. Beware of such quacks. Aside from marriage, seminal emissions can be cured without resorting to such barbarous surgical operations as cauterizing and separating the nerves running to the brain. I speak this from observation; for I have known many destroyed by such cauterization, and have cured hundreds without performing any such operation. Stopping or cutting off the nerves of the teeth at the ear to kill the toothache, is an evidence to prove what I have asserted.

A loss of taste also leads to consumption. Catarrhal diseases are a fruitful cause of loss of taste. This loss is attended with dyspepsia, indigestion, and stomach and liver diseases, causing appearances similar to those produced by consumption. Taste governs the seasoning, the quality and the kind of food or drink taken into the stomach. By destroying the taste we make of the stomach a store-house for all digestible and indigestible matters, which, had the taste been alive, would have been properly chosen from, and the consumption arising from the presence of these matters in the stomach would have been prevented. By taste we make almost entirely our choice of food and drink; and by this monitor, when unperverted, the stomach may be generally safely guided.

The nerves of the mouth are sometimes seriously affected by diseases, so that the taste is in a measure lost. But it is from the use of mineral medicines, administered to cure disease, that the worst effects experienced here arise—particularly from mercury. This often ulcerates the gums, loosens and destroys the teeth, annihilates the sensation of taste, and makes of the once beautiful mouth a pit filled with foul and sickening corruption. God forbid that the human mouth, that temple of speech, of music, of smiles, of loving kisses, so important to us all, should be turned from a house of purity and sweetness into a den of corruption and filth!—by the use of poisonous potions from the hands of physicians. But when it is thus abused and transformed from its original state, can it be wondered at that consumption should flow from so foul a source? Certainly not. Beware, then, of tampering with the organs of taste, lest disease fasten itself upon you.

From the loss of smelling also often follows consumption. God, in endowing his living creatures with senses for the enjoyment of the good things of earth, included among them the sense of smelling. In some species of the animal creation, this sense may be said to be of an importance second only to the sight. To the hound in pursuit of his game, the deer in fleeing from the presence of man, the horse in avoiding the claws of the lion, or the bee in pursuit of flowers, the sense of smell is not merely important, but indispensable.

It would seem that to every living thing there had been imparted its natural odor or perfume, as also to the varied vegetations of the earth. How sweet is the perfume of the rose, and of a thousand other productions in the field of nature; how delightful those extracts obtained from the vegetable kingdom by the art of man. To deprive mankind of the important sensation of smell, would be to leave him to fall into filthiness and consequent disease.

The diseases most generally destroying the sense of smelling, are catarrh, polyp, cancers of the nose, venery of the nose and larynx. Also it is destroyed by mercurial salivating medicines, poisoning the mouth, larynx and nose. But perhaps the most fruitful sources of the loss of smelling, hearing, tasting, and seeing—in connection with their power of affecting the mind—are catarrhal and blood humors and poisons.

The above, and all other diseases that destroy the smell, cause dyspepsia, liver complaint, and consumption, frequently closing in death. Remember that the organs of smell, and of the other senses, are nourished and kept in health and activity by the blood, and that through the blood alone, (sometimes by the assistance of external medicines, and sometimes not,) can health be restored to them when they are diseased.

In consideration of these facts, and for the benefit of those suffering from the loss of any of the senses, I have carefully prepared medicines for general use, which will be found to be invaluable in their several departments as curatives. For catarrh, (which, as I have shown often affects the organs so as to destroy the action of one or more of the senses,) has been prepared the Catarrh Snuff, a compound unequalled and invaluable. For diseases of the eye—where outward application can be of service—the Eye Water and German Ointment. For all diseases of the ear, the Ear Lotion and German Ointment. For loss of taste and feeling, the Blood Renovator, Anti-bilious Pills and German Ointment. The Blood Renovator and the Anti-bilious Pills will be found by all patients to be invaluable as purifiers of the blood, and to renovate and restore it to a right and healthy condition.

### MUSIC AND DANCING PREVENT CONSUMPTION,

THE one by operating favorably upon the mind, the other as exercise for the body and enlarging and strengthening the muscles, while the mind is acting in harmony under the influence of melody.

Music, vocal or instrumental, raises the depressed and drooping spirits, and infuses into the soul of man activity and strength, with patience, gentleness, kindness, forgiveness of evil, and temporary forgetfulness of the ills and troubles of life. The tones of the voice in singing soften alike the heart of the innocent child and the hardened sinner; they call back the brutalized being to his natural humanity, and restore the backslider to the paths of religious life.

Music cheers alike the young and old, the well and the unwell; it relieves the mind of its loads of trouble; it takes man from himself and from the outward world for a season, and carries him to a fancied region of happiness and joy, from whence he returns recruited and refreshed in body and spirit.

Music casts off gloom and lowness of spirit, discontent and uneasiness de-

part before it, and in their stead come cheerfulness, merriness of heart, love to man, contentment, and quiet of mind. And while from the former flow bodily ills in abundance—broken constitutions, dyspepsia, indigestion, consumption and other diseases—the latter breed health and happiness, as the sunshine and rains of spring bring forth fruits and flowers from the bosom of the earth. Therefore, discard no music, whether made by the human voice, by the songsters of your native woods, by the murmuring winds amid the green leaves of the forest, by the little brook that babbles at your feet, or by the numerous instruments that are of the invention of man, but hail them as aids to cheer you through the toils and cares of life.

The hearts of men are dilated by joy, contracted by sadness, and broken by sorrow. They melt under discouragement, are desolate in affliction, and fluctuating in doubt. And when under these depressions, is it not well, both as an antidote to sorrow and a prevention against the disease which such states may induce, that some counteracting influence should be brought to bear? And for this, what is there equal to listening to the sweet sounds of music that will float into the soul and fill it with a quiet happiness, under the influence of which we become impervious to the effects of disappointments and sorrows of the heart?

Among the Jews, in the days of David and Solomon, music was regarded as an indispensable part of religion. They conceived, and rightly, that it calmed the passions of man and prepared the mind for the reception of prophetic influences; and the prophets employed instrumental music to accompany their predictions. They, like the Egyptians, not only delighted in music and dancing, but the higher ranks deemed them a necessary part of education. At feasts, at religious services, at marriages, at ceremonies of all kinds, music was with them one of the most important items of the performance.

In the disease with which Saul, the King of Israel, was affected, the remedy of music was applied, and was certainly a most proper and fitting one. He was afflicted with an occasional melancholy, almost reaching to madness, (a condition that often leads to positive insanity, and powerfully disposes to consumption); and for the removal of this—to calm his perturbed mind and re-instate reason upon her throne—David made music before him upon the harp. Its effect was more powerful than a thousand doses of medicine.

Dancing, when practised properly, and removed from the bad influences that have been thrown around it by the perversions of men, we may class as not only an innocent recreation, but a valuable exercise in the promotion of health, by its calling into action all the muscles of the body and setting them at work in *harmony with the mind*. Exercise of any kind, when divested of any stimulus but that which is thrown over it by an idea of its being healthy, becomes a task rather than a pleasure, and is, therefore, not near so excellent in its effects as when done in harmony with the pleasure of the mind. This it is that makes exercise by dancing a most excellent medicine. Not only the whole body is in it, but the whole soul, also; and when soul and body are exercising in harmony, the results upon the health are wonderful. I have known the most excellent effects to follow from this exercise to many persons suffering languor, and bodily and mental debility.

Dancing was much practised in ancient times, and in the worship of the Lord, as we may see from various passages of Scripture. "Praise Him with the timbrel and dance," was the exhortation of David. And from this we may infer that the



exercise was beneficial, since it would not have been used in praise of the Lord had it been supposed injurious.

That many times persons are greatly influenced for good, and indeed have been placed upon the road to health by the influence of musical sounds brought to bear upon them, and by the exercise of dancing, in connection with the melody, is what I not only firmly believe, but may assert has been often witnessed. That judicious exercise is good for the invalid, no one will undertake to deny; and that many times persons have got well of complaints over which medicine had had but little effect, by some power operating upon the mind, is a matter of frequent occurrence. And as a general thing, there is in all nature no power so capable of affecting the mind to those states of quietness, contentment, resignation, forgetfulness of the dark hours and dark sides of life, (all of which operate powerfully often in the cure of disease,) as music.

It is a fact well known to physicians, and to other men of observation, that where persons are brought under sombre and melancholy influences—where the face of every one wears a garb of sorrow, and smiles are scarcely known—where the enlivening strains of music are never heard, and a moody folly (wrongfully denominated godly piety) holds perpetual sway over body and mind—that there mankind much sooner reach the tomb than where they rationally make merry, and enjoy of the beauties given them by the Creator of all. This fact has been fully substantiated by the statistics of convents and nunneries, and of other abodes of religious fanaticism, where the God-given principles of our nature are held in check or curbed into utter subjection. Such a life not only hastens men and women to the grave, but is in opposition to all the teachings of God, as manifested through His outward works, and revealed in his Gospels to men. If, then, music and dancing exert an important influence in the cure of many complaints, of how vastly greater efficacy must they be in the prevention. As I have before in substance said, they induce powerfully those states of mind under which the body throws off the disposing causes to sickness; while, if they be altogether neglected, moodiness, melancholy, reserve, gloomy thoughts, dark fancies, hypochondria and other bad states of the mind arise, out of which frequently flow consumption and various other diseases, and sometimes downright insanity.

I would say then, let us have music and dancing, as in the olden time. Let us make merry with one accord. Let us drive melancholy and sadness away, and have thereby more health and more happiness. Nature in all its works makes merry and rejoices—it wears no long faces and carries no doleful hearts, unless disease have fastened upon its parts. Melancholy and sickness are generally companions, while mirth and health walk hand in hand together through the world.

#### STANDING ON ONE FOOT.

THIS practice, altogether too common among us, is very injurious in its effects upon the system. The practice commonly arises from the person getting tired and wishing to change his position—he appearing to think that that will rest him. Possibly it may do so temporarily; but those who have to stand through the day in one place, with little or no movement of the legs, will find by experiment that a firm position maintained on both feet will soon become the best guard against

weariness that **they can** adopt, because it is the *natural* position. If you doubt this, ask the soldier in the army, or the printer who stands all day at his case. Standing on one foot for a very little while may answer as a *change*, but never adopt it for your *permanent* position.

The fashion of standing on one foot while talking may have been derived from viewing statues and models. The attitudes of these, it is true, are in a certain degree graceful; and when intended to convey to the mind of the beholder some particular emotion supposed to have been existing in the original of the statue at a certain time, the position is all well enough. But this position will never do for the *living* being who wishes to preserve his uprightness and symmetry of body.

Standing on one foot throws the corresponding hip up higher, and brings the corresponding shoulder lower down. Thus the chest is contracted, the spine crooked, and the figure generally deformed; and from these many times arise consumption, as well as other diseases. Neither young children nor adults should indulge in this habit; and those too young to understand its effects, should be taught by parents and teachers to assume an upright position as their general mode of standing.

For the same reasons, children should not be confined to sitting too long at once, either in schools or out. The muscles require a change of position of the body. Mothers should be careful of their children, and let them have plenty of exercise, pure air and light, if they would keep them healthy, make them strong and robust, and save them from deformity and consumption.

To clerks, bench workmen, and mechanics of any sort much confined to one position in standing, let me say, beware of contracting a habit of standing on one foot. It is pernicious, and if long persisted in will result in deformity more or less serious.

#### INSTANCES OF LONGEVITY.

**THERE** are no laws of nature which place a particular limit upon the length of human life. On the contrary, disease and death are generally the consequences of one or more violations of the laws of nature, in either ourselves or the persons of near or remote ancestors. The health and life of a man, so far as the physical structure is concerned, are placed in great degree in his own keeping; and death is rather the result of indiscretions and ignorance on his part, than of dispensations of Providence. The human machine, as it comes from God, is perfect in all its parts; and by proper warmth, food, air, light, drink, exercise and sleep, we might live on almost indefinitely; at least to a ripe old age.

The greatest cause of early decay and death, if we except contagious diseases, arises from the choking up of the system—the veins, arteries, bones and muscles—with earthy matter or lime. In proportion as we eat or drink, are our lives shortened or lengthened; by choosing the articles of diet we may in great measure live to old age, or not, at our pleasure.

By analyzing the bones of the young and old of both men and animals, the earthy matter in their substance is found to differ greatly. This difference is represented as follows:

	<i>Gelatine.</i>	<i>Earthy Solids.</i>	<i>Total.</i>
Bones of a child or young lamb,	3	1	4
Middle-aged persons,	2	2	4
Aged persons, sheep or oxen,	1	3	4

Here we may observe the proportions of gelatine and earthy solids are entirely reversed in the progress of the young child or young animal to maturity and old age.

The difference in the bones of a child and of an adult is, then, owing to the earthy or limy matter contained in them. The bones of a child can be bent very easily without breaking, but if we bend those of an adult, they crumble and break. The bones of the child before or at birth resemble India-rubber in some measure, and are very yielding.

Now, to prove what I have stated as to death being caused greatly by what we eat and drink, I will give the following table from the bills of mortality of those who live well and those who live poor, from a Mr. Cobden, of London:

From the age of	25	to	40	205 rich, and	550 poor die.
"	40	"	50	244	" 426 "
"	50	"	60	349	" 718 "
"	60	"	70	738	" 1501 "
"	70	"	80	1489	" 2873 "
"	80	"	90	2787	" ——— "

From the above table, it appears that at every stage of life, up to the age of 80, the number of poor who die is double that of the rich. It will be recollected that the poor classes of society everywhere consume a greater amount of bread, flour, and potatoes than the rich, chiefly because their scanty means will not allow them to purchase more costly food. The wealthier classes use more animal food, fowls, fish, fresh vegetables, fruits, preserves, wine, cider, and other luxuries.

In proportion as men become wealthy, they live better and reduce the quantity of bread, and other substances containing the most solid matter. The Egyptians lived mostly on vegetables, and fish, and animal food. Ladies consume less solid food than men, and are more like the child in the choice of food, selecting the most nourishing kind, and use but little.—*Bostwick on Natural Death.*

The oldest woman in the world is supposed to be Mary Benton, now residing at Elton in the county of Durham, England. She was born on the 12th of February, 1731, and is of course in her one hundred and twenty-second year. She is in possession of all her faculties, perfect memory, hearing and eyesight. She cooks, washes and irons, in the usual family avocations, threads her needle and sews without spectacles.

Dr. J. V. C. Smith, from Cairo, says that in the district of Geezeh, which includes the pyramids, and a population of 200,000, there are 600 persons over 100 years of age, or one in every 333. Numaus de Cuyan, a native of Bengal, in India, died at the incredible age of 370 years! he possessed great memory even to his death. Of other aged persons we might mention Mr. Dobson, aged 139, of Hadfield, England, farmer. His diet was principally, fish, fruits, vegetables, milk and cider. Ninety-one children and grandchildren attended his funeral.



**John de la Somet**, aged 130 years, of Virginia.

Old Thomas Parr, of Winnington, Shropshire, England, lived to the age of one hundred and fifty-two years. He was first married at 88, and a second time at 120. He was covered from head to foot all over with a thick cover of hair.

Henry Jenkins lived to the extraordinary age of one hundred and sixty-nine years. At the age of 160, he walked a journey to London to see King Charles II. The king introduced Jenkins to his queen, who took much interest in him, putting numerous questions to the patriarch, amongst which she asked, "Well, my good man, may I ask of you what you have done during the long period of life granted to you, more than any other man of shorter longevity?" The old man, looking the queen in the face, with a bow, *naïvely* replied, "Indeed, madam, I know of nothing greater than becoming a father when I was over a hundred years old!" He replied to the king that temperance and sobriety of living had been the means, by the blessing of God, of lengthening his days beyond the usual time.

Edward Drinker, aged 103, of Philadelphia, rarely ate any supper.

Valentine Cateby, died aged 116, at Preston, near Hull, England. His diet for the last twenty years was milk and biscuit. (Fortunate for him that he did not have New York still-fed milk.) His intellect was perfect until within two days of his death. There died in 1840, at Kingston upon Thames, Surrey, a Mr. Warrell, aged one hundred and twenty years.

Mr. Edwin Gray, the missionary of the Evangelical Home Missionary Society of Kensington, says the *Philadelphia Ledger*, reports that he visited a Mrs. McElroy, residing at No. 622 North Third street, who is one hundred and eight years old. Her maiden name was Catherine Snip. She was born in Allentown, Northampton county, Pennsylvania, on the 25th July, 1744. She inherits the constitution of her father, who was from Germany, and lived to be one hundred and seven years of age. She remembers the occurrence of the principal events of the revolution, and frequently provided food for the American soldiers. She has a distinct recollection of General Washington. In 1790, when 46 years of age, she was married to John McElroy, a revolutionary soldier, by whom she had seven children, four of whom are now living, two of them being twins.

She had a remarkably vigorous constitution, and often assisted her husband in the mill before they came to Philadelphia. She would take up a bag containing 112 pounds of flour, with all ease, and place it on the back of a horse. She still retains much strength and activity, and would be taken for a woman of 60 or 70, instead of 108 years of age. Twenty-one years ago, she received what is termed second sight, and can now see as clearly and distinctly as ever. She does all her housework, waits upon her youngest daughter, fifty-one years of age, who has been blind for three years past, and attends a store or shop, which they keep in the front room.

In the report of deaths for New York city, lately returned, there are two given as having deceased aged upward of 100 years. A divine in a country place, five miles from Utica, in the State of New York, when at the age of 115 years was the only pastor of the church, and preached two sermons every Sabbath. His intellect was clear, his delivery active, and his voice so strong that he could be heard distinctly ten rods from the church when the doors or windows were open.

The sanitary reports of many towns in Massachusetts show deaths at upwards of 100 years of age; and many others from various parts of the world might be added to the foregoing list, who have seen a century of years.

If the blood be kept pure and the lungs large, and we have good food, exercise, air, sleep, and warmth, the health and intellect would continue, and life be lengthened into old age. The human system differs from the mechanisms of man in this respect—that while the latter are continually decaying from even the most careful use, the former is so constructed as to be improved by a certain amount of use, and thus keep perfect indefinitely. It is through the *follies* of men that so many die at an early age; by living wisely our lives would be made longer and more pleasant.

In answer to a question of Hon. Horace Mann, of Massachusetts, on the sanitary condition of that State, physicians of eminence have expressed the opinion that from one-half to three-fourths of the bodily evils of mankind and of the deaths, arise from ignorance of the laws of life and health, or from a disregard of them; and that more than half of the cases of sickness might have been avoided by knowledge, attention and care. In this opinion my observation and experience have led me to coincide. And we may say, too, that at least one-third of the pauperism of any country flows from the same source.

Of what vast importance, then, is it to every member of the human family, that he or she should become acquainted with the laws of life and health to a certain degree, and should make proper use of that knowledge. If attention were given to this, not only would life be lengthened out, but the race would be healthier, stronger, happier and wiser.

To show the effects of sanitary measures in decreasing the ratio of deaths, it is only necessary to look at the statistics of the British navy. One hundred years ago, when no attention was paid to cleanliness on board of vessels of war, and filth and stench reigned among the sailors, the number of deaths in a year in the navy was 1 in 8. Now, when cleanliness is enforced and other sanitary measures kept in constant employ, the number of deaths is 1 in 72! And in this calculation are included the deaths from other sources than disease. From disease the deaths were but 1 in 85. And in the army, sanitary regulations have operated in the same manner, though not to quite so large an extent.

These figures tell plainly the tale of human misery that arises from a disobedience of the laws of nature. And did each individual take it upon himself to attend to those laws and carefully obey them, in the choice of his foods, in his clothing, in his exercise, and in all other matters, the difference in the results upon life and health would be still greater than is seen by the figures given above. But if men persist in *abusing* the frame which God has given them to take care of and keep in health unto a ripe old age, they must expect disease to follow to them and to their offspring. On the other hand, by attention to proper foods and to the right condition of the body, you will live to fullness of days, and, in the language of Eliphaz the Temanite to Job, "come to thy grave in a full age, like as a shock of corn cometh in his season."

#### OFFENSIVE BREATH A GREAT NUISANCE.

THERE is not a more intolerable nuisance to be endured in our association with others than that of a fetid breath. The most beautiful and accomplished woman that ever trod the earth, would, to a person of delicacy and refinement, be rendered disgusting and intolerable by carrying with her a disagreeable breath. However

much of politeness there may be, however much of outward accomplishment or gentleness of spirit, loveliness, beauty of face or form or agreeableness of speech, it will be lost if a nauseating breath be their constant companion. An offensive breath may be the production of one of many different causes. Sometimes it arises from decayed teeth or ulcerated gums—directly or indirectly. Either of these are detrimental to the health of the body, for they retard or prevent mastication, and the food being taken into the stomach in an unprepared state causes indigestion and dyspepsia, from which arise a foul stomach and offensive breath as well as impure blood. If your teeth are unsound, apply to a dentist and have them extracted, or filled so as to preserve them. Do not let decayed teeth remain in the head to injure the health and give an insufferable breath.

There are many other sources of foul breath, more or less lasting. Among them is taking calomel, blue pills, and other poisonous mineral medicines, which ulcerate the gums, destroy the teeth, and render the mouth a pit from whence issues forth a foul atmosphere. Many of the popular sarsaparilla syrups of the day contain corrosive sublimate and other mineral poisons, disguised under the name of vegetable medicines, the use of which is destructive to the health of the teeth and gums and productive of an offensive breath.

If your breath is bad (directly) from the presence of poor teeth in the mouth, let me say, have them extracted. Also, keep your teeth and gums and all other parts of the mouth clean; and if your stomach is in good condition, your breath will be sweet and healthy. But if the evil is deeper and beyond the reach of the dentist, and your own efforts, do not therefore let the offence cling to you. Have the blood and the stomach cleansed and purified, and costiveness prevented, and the effects of calomel or other bad drugs overcome, and a pure, sweet breath will be restored to you. This end can always be attained by the use of my Anti-bilious Pills and Blood Renovator, which are unequalled for this purpose, and never-failing.

### ERECT CARRIAGE.

To keep the body upright and straight, whether sitting or standing, is a matter of great importance to every individual. The head, neck, spine, and shoulders should be carried perfectly erect and not be allowed to stoop over. The shoulders and shoulder-blades should be carried back from the chest, and not allowed to press upon it.

Rocking-chairs, sofas, and seats of whatever kind having curved backs, have a tendency to give those using them crooked spine, contracted chest, round shoulders and crooked neck, and should be dispensed with. They may feel comfortable for a time, but they exert a pernicious influence. A great many crooked and deformed persons have been made so by the use of curved-back seats. These aids to disease are to be met with in numerous places,—oftentimes in churches, cars, and stages, but more generally in the elegant parlors and drawing-rooms.

The form of the seat a child is accustomed to use often governs his carriage in after life. Not unfrequently he gets a habit of sitting which leads to an irreparable contraction of the chest, to stooping shoulders, and other deformities outwardly, while within, the last effects are consumption and following death.

Tight lacing, wearing heavy skirts, high-waisted pants, strapped pants and tight



suspenders also aid in breaking down and crooking the figure, and cause consumption. They should be avoided. Shoulder-braces and supporters will do no good while the counteracting influences of these things are allowed. And if you would pay attention to keep a correct carriage and would discard these bad influences, you would have no need of shoulder-brace or supporter, unless it were to replace what had been *misplaced* by previous neglect. There is no use of mechanical helps where natural and correct rules have been obeyed.

Stooping over forward much and continuously is a very bad attitude to indulge in. A person obliged to stoop forward, in order to perform some labor, should practice frequent bending backward, in order to counteract the bad influence of his working position. If laborers and others obliged to assume the stooping position at times would follow this rule, there would be much decrease in the numbers of round-shouldered and bent-up men. God made man upright in his figure; and if he will but follow the laws laid down for him, strictly and systematically, he will keep a correct carriage and escape many afflictions that arise from careless disobedience. Without doing this, health and longevity are by no means to be expected.

The practice of carrying a cane, so common among gentlemen, especially in cities, is sometimes the cause of evil results, by its being so *short* as to require a slight stooping in order to make it of use; a tendency to round shoulders may be obtained in this way. Every person who is in the habit of using a cane to walk with, should be particular about its being long enough for the purpose desired without in the least requiring the body to stoop.



No. 19.—INJURIOUS POSITION IN STUDY.

This plate presents to the eye a striking illustration of the bad position in study of nearly all the scholars in our common schools.

Of the evil consequences upon health and life in after years, neither teachers nor parents seem to be aware.

If you will observe healthy children in general before they have been sent to school, you will seldom see one with round shoulders or stooping form.

They stand *upright*, as nature intended and made them.

They have not yet entered that grim Moloch of torture and murder from which few ever escape wholly unscathed.

School-houses, and school-benches, and school-desks, as they are generally constructed, are a curse, rather than a blessing to the world.

The foundation of evils is there laid, the aggregate of which can never be told. The public attention should be awakened and directed to this subject, that, as speedily as possible, the evil may be checked.

Our school-houses, especially those in the country, should be nearly all torn down, and rebuilt upon a more spacious and convenient scale. The seats should be constructed to support the backs of the scholars, and the tables and writing-

desks should be raised nearly as high as their chins; and on these they should be taught to study and write, and never be allowed to make a table of their laps.

Thus will the wretched and injurious habit of which we speak, be corrected, and the scholars saved from lasting injury. But the evil which we are rebuking does not stop here. Like the surges of the great Pacific ocean, that in their might have borne down untold thousands of mariners, and still roll on in pursuit of new victims, this alarming evil sweeps on, spreading desolation and ruin through all the higher schools, and colleges, and seminaries of learning. There, where might and knowledge should meet and arrest its progress, it is allowed to enter and do its dreadful work. Before it the young, the beautiful, the promising, the talented, the accomplished, alike fall, and the hopes and expectations of kindred and friends are blasted. Nor does this evil stop even here. It still moves on with gigantic strength. It invades and dashes in upon the highest grades of society, both the professional and the non-professional.

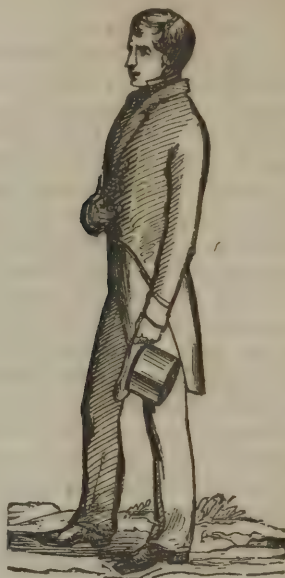
Before it, fall the renowned statesman and the eloquent orator; the eminent lawyer and the distinguished physician; the self-sacrificing philanthropist and the pious divine; the crowned head and the laureled brow; the peerless beauty and the honored matron. It is impossible to set bounds to this dreadful and alarming evil. Its name is legion. In its train follow lung affections, heart diseases, liver complaint, dyspepsia, costiveness, rheumatism, gout, chronic diarrhoea, kidney diseases, fluor albus, diseases of the spleen, bladder, and lower bowels generally; dropsy, paralytic strokes, prolapsus-uteri, and many other grievous and dangerous complaints, too numerous to mention in this place; all of which are more or less hastened on or greatly aggravated by the wretched practice of crushing down upon the internal organs with the head, neck, and shoulders of the body, and thus preventing the easy and natural performance of their functions. When men and women come to carry themselves "upright," straight up as God made them, and not bending forward, as if they would root the earth, as they have made themselves, these evils will be greatly lessened, and the good and happiness of individuals and of society thereby be greatly augmented.

Would our limits permit, the practical remarks under this head might be multiplied to great length. All classes and all professions in the community and throughout our whole country, have contracted habits of stooping, from which they are suffering incalculable evils, and will continue to suffer them until light is more generally diffused among them in regard to the laws that govern life and health. Wherever you go, or which way soever you turn your eyes, you see the deformity of round shoulders and stooping attitude, and a perfectly "upright," erect form, is almost as rare as perfect beauty of face. The evil here contemplated has become truly alarming, and calls loudly for speedy action. Almost our whole nation is slumbering over this subject, and but little is being done to break the dangerous slumber. Very few are lifting the warning note. With the multitude, both professional and non-professional, scarcely a thought is bestowed upon the bad consequences of stooping, either upon health or elegance of figure, at nearly all the occupations, relaxations, and even amusements of mankind.

The two following cuts strikingly illustrate these last remarks.



No. 20.—INCORRECT POSITION FOR  
STANDING.



No. 21.—CORRECT POSITION FOR  
STANDING.

If we ourselves would long enjoy health, we must pay constant attention to the proper position and carriage of the head, shoulders, arms and chest, carrying them "upright," as we were made and designed to carry them.

If, by stooping, we destroy the mechanical equilibrium and support of our bodies, the plagues resulting from this violated law will inevitably be visited upon us.



No. 22.—INJURIOUS ATTITUDE IN SEWING.

This plate represents a female at work in an attitude directly at violence with the natural laws of her constitution. Now, as Nature intended that man and woman should stand, and sit, and walk "*upright*," and not stooping or bending forward, it follows by a law of necessity that any habitual violation of the laws of our constitution, in stooping or bending forward, must be productive of injurious consequences.

This stooping and bending attitude in our occupations, is as contrary to the designs of Infinite Wisdom, as for the beasts to walk erect



Habit, and not necessity, makes people stoop and bend in their occupations; and the results are most disastrous to life and health.

Tailors and seamstresses, watchmakers and engravers, shoemakers and stone-cutters, clerks of counting-rooms, and the like, are of this class.

Their occupations, as they generally follow them, throw the whole weight of their heads, necks, and shoulders, upon their chests, especially upon the lower part; and thus their bent position, with all this superincumbent weight from above, presses in and down upon the lungs and heart, contracting their space, and impeding the discharge of their functions of respiration and circulation.

Feebleness, disease, and death, are inevitable results of this violation of natural mechanical equilibrium and support of the human body.

These things ought not so to be. There is no natural necessity for our mechanics and others thus ruining their health, and destroying their lives, in following their occupations.

They must learn to sit and stand *upright*, and work *upright*, as they were created to do, and as thousands of their profession are constantly doing, and enjoying the best of health as a natural result.

Tailors and tailoresses at the board, shoemakers at the bench, watchmakers and engravers in their shops, stone-cutters in their yards, and clerks at their desks, are able, and can, if they will, sit *upright* and perform their work.

What others have done and are constantly doing, they can do. The great Napoleon, in removing the objection of his Marshal McDonald to conducting an army over the Alps in the dead of winter, said to him: "Where one man can go, an army can follow." The army of McDonald crossed the Alps. What other clerks and artisans have done, you can do. Resolution and effort will win the day, and rich will be the reward.

In all healthy and well-organized constitutions, the habit of stooping is formed; it is not natural; as, for example, in the cases already enumerated.

It begins the first year on the floor at home; from thence it extends to the infant school; and as soon as may be, from thence to the common schools, where it prevails universally; thus early laying the foundation for future feebleness, disease, and death.

### CHEERFULNESS PREVENTS CONSUMPTION.

"A merry heart maketh a cheerful countenance; but by sorrow of the heart the spirit is broken."—Prov. xv. 13.

WERE we to deprive mankind of all entertainments calculated to infuse cheerfulness into the soul, and thus leave them a prey in greater or less degree to brooding moodiness and melancholy, we should undermine thereby the health, and bespeak for them an early entrance at the gates of death.

The actions of all animate nature combine together to teach us the usefulness of cheerfulness. Behold the playfulness of the brute beasts, when left to nature and unruled by man. The dog, the horse, the lamb, the feathered inhabitants of the woods, and even the fish in the bosom of the sea, make merry in innocent sport and cheer themselves in amusement. And in all the works of God there is manifest a smiling face and a cheerful countenance.

Among men, the sweet smile or the merry laugh, which alike denote a cheerful heart beneath, help to lighten the cares and sorrows of life and make of mountains of trouble mole-hills of but trifling account. And to deprive men of these and of all incitements thereto, is to place them in a road leading to consumption and premature death. This has been proved in all ages, through the medium of nunneries and false religious schools.

To destroy cheerfulness and cast gloom upon the spirit of man, we may regard as an act the very essence of demonized ignorance. It is contrary to, and a libel upon, the wisdom of the Deity, who created within us the elements of cheerfulness, that by the use thereof we might enjoy happiness, and from its exercise extract health. God has ordered it for, and taught it to, his every creature. All nature is full of cheerfulness.

As a physician and a man, speaking from physiological and medical knowledge and with religious purpose, I would say to all, Do not discard cheerfulness; keep in your bosom a merry heart, which is always acceptable to God; and so educate and rear your children that cheerfulness shall remain steadfast in their souls; for thus shall you keep anger, and envy, and other evil passions far from them, and give them greater happiness, better health and longer life than if the contrary elements of mind reign over and rule them. I have been informed that some parents, when their children are quarrelling, compel them to unite in singing cheerful songs, to banish anger and hatred of each other from among them; and that the effect is excellent and admirable. I would recommend to mothers to make experiment of this in lieu of sending their children to the seclusion of a dark and gloomy closet.—“A merry heart doeth good like a medicine; but a broken spirit drieth the bones.”—Prov. xxii. 22.

#### HEART DISEASES HASTEN CONSUMPTION.

If the heart, as is often the case, becomes enlarged, it presses upon the lungs surrounding it, and thus keeps out the air from the air-cells, closes them up, and induces a collapsed, contracted, and compact state of the lungs. If the heart be affected by rheumatism, enlarged, ossified, ulcerated, cancerous, or tumorous, the circulation of the blood becomes imperfect, both to and from the lungs; and much more so to other parts of the system, where all the power of a healthy heart is required to force the blood. The labor of the heart is immense. Having, as it does, to receive and discharge again all the blood in the system once in every three minutes, it will be obvious that health cannot be enjoyed if this organ is so diseased as to perform its labor with great difficulty.

And if the blood is not perfectly circulated, by reason of derangement of any sort in the heart, it will sow in the system the seeds of consumption. The theory of some pretended lung doctors, that heart disease prevents consumption, is so contrary to reason and physiology, and so absurd, that it only serves the purpose of exposing their ignorance of the nature and action of the heart, and the office it has to perform. If the blood was kept perfectly pure and was always properly circulated, consumption of the lungs would never occur; but if it be not properly circulated, it thereby becomes impure, and from its impurity arise congestion, ulceration, and bleeding of the lungs. Therefore, if you are troubled with heart disease of any

and, do not follow the advice of these false lights in medicine, and let the disease increase, clinging to the delusion that it will keep you from consumption; but look at the reasonableness of the matter, and at once set to work to cure the heart disorder, as a means of escaping death from it directly, and to prevent death from it indirectly through consumption.

As a medicine for the heart, in all complaints of that organ, you are recommended to the Heart Regulator, as invaluable in complaints of this nature, and to which they generally yield. But in obstinate cases, where this does not, unaided, produce the desired effect, no delay should be allowed in obtaining a thorough course of medicine, which will readily produce a cure. I do not know that any other physician pretends to cure diseases of the heart; nor am I aware that they do cure them. And the reason why they do not, is, because they have no means of ascertaining the exact nature of the disease. Until the invention of the Lung Barometer, diseases of this organ were but imperfectly understood; and what little was known of them, was obtained after examinations of, and observations upon, the patient for six months or a year. But by the aid of the Lung Barometer, a very few minutes suffices to determine the exact state and nature of all complaints of the heart. This being known, the appropriate medicines can be given; and under its guidance I have never failed of curing all curable cases, and of affording great relief in those incurable—which last are but seldom met with.

#### ADULTERATION OF FOOD—DISEASED MEATS, ETC.

"A false balance is an abomination to the Lord, but a just weight is his delight."—PROV. XI. 1.

THE extent to which adulteration is carried at the present day, in almost everything pertaining to food, and, in truth, to drinks and even medicines of all kinds, is both astonishing and alarming. It has grown to such an extent that to get a pure article of many of what are generally esteemed the necessities of life is almost out of the question. An unadulterated article is often what the market does not afford,—what you cannot get at any price.

Particularly in the line of *groceries* is this business of adulteration carried to an enormous extent. In our sugar we have sand; in our saleratus, salt; in our ginger, wheat bran and burnt corn; in our coffee, peas and beans; in our tea, beach-tree and clover leaves; in our vinegar, water poisoned with acids; in our milk, chalk and water; in our flour and bread, none of us know what; and in our sausages and such like eatables, it is doubtful if the pork has not been qualified by the flesh of the canine animal who annoyed us with his bark on the yesterday, or the cow which the day before was under the care of the cattle doctor. To such an extent, in fact, has this adulteration been carried that it would be impossible for me to enumerate the different articles of diet and drink thus treated; an enumeration of those not adulterated would not be found so much of a task.

Besides adulteration, another evil of magnitude, in cities, and one at the very thought of which we instinctively revolt, is that of having palmed off upon us *diseased meat* and milk. I will not dwell upon this subject. The heart sickens at the bare thought of the matter.

The results that follow to those who partake of these adulterated and diseased



articles are often lamentable in the extreme. Various diseases of the most malignant character flow from the use of many of them, and not unfrequently they are the cause of death. Too much caution in the purchase of groceries and eatables, especially meats, cannot be exercised; and particularly to families having children, where much milk is used, I would say, Be careful of what you purchase.

Of the men who thus adulterate the articles of every day consumption of the universal people, and who sell the meat of animals that died of disease, I know not what to say; for I cannot find terms sufficiently strong to express the detestation in which they should be held by every individual. Any punishment which the ingenuity of man could devise would seem as too merciful to be meted out to them. They richly deserve the embrace of the garote. Ask the dyspeptic who has been brought to the edge of the tomb by villainous compounds of unprincipled men, put up under the name of some wholesome article of diet, if this is too severe? Ask the consumptive, in whose system the seeds of disease were sown by adulterated or diseased foods, if the garote or the halter has not been richly earned by these men?

Of this matter the law should take stricter cognizance than it has ever yet done. We have, it is true, some legal regulations *in print* upon these matters; but they are seldom enforced. The subject is deserving of the closest attention; so that every offender therein may be brought to justice, and receive at least some punishment for his crime. And if we have a law that is not enforced, and a set of officers who can be bribed into overlooking this matter of adulteration, it is high time that Lynch law or some other mode of renovation was put in force, and both those who adulterate and those who wink at it hung up at the corners of the streets on conviction. In this way we might purify the city of this evil, and have articles in a healthy and unadulterated condition.

We often find men who have been the victims of some grocer or butcher through the medium of adulteration; and they are frequently making application to physicians for relief, but generally with but little benefit to health. Physicians mostly do not go to the bottom in treating complaints arising out of these evils. If dyspepsia has been induced, they treat the patient for dyspepsia, and dyspepsia only; but this does not answer; the disease has got into the blood—the blood has become poisoned, and it must be purified, or the patient cannot get well. Of this I have seen a sufficiency of cases to satisfy me. Leave off the use of the adulterated articles, and take a course of my celebrated blood medicines, and you may recover from the effects of the adulterations. Otherwise, it may be considered certain you will sooner or later become the dead victim of your butcher and grocer.

### ADULTERATION OF LIQUORS.

THERE was a time, years ago, when wines and spirituous liquors were to be had in their pure and unadulterated state, and when delirium tremens was a disease unknown. But that time has passed by; and now every kind of liquor and wine is most inhumanly mixed up, poisoned, weakened and cooked over, till it is no more like the original article than is a statue like a living human being. There is a resemblance—one is made in imitation of the other, but they are not alike; as one is destitute of life and its powers, so is the other destitute of good qualities. And

fortunate would it be for mankind if it were destitute of qualities of any kind. But, alas, it has the power of deadliness in its bosom—it stings as with the venom-ed fangs of the serpent.

It is not a little amusing to enter a wholesale liquor store and hear of the high and ancient *pedigrees* of the various brands. And, as for age, you cannot fail of being suited; for there are barrels that have stood in the cellar since the days of Noah, of Moses, of Job, of David and of the patriarchs; and brands put up by the various kings, and dukes, and noblemen, that have drank through all the ages of the past.

And indeed, for the aid of sale, it would seem they should have the benefit of supposed age and high renown; for of themselves they are generally most vile and miserable compounds. Their true qualities are known only to those who stagger and reel through our streets, and leave the sidewalks filthy with the vomited-up, nauseating contents of their stomachs.

Logwood and various other articles of equally bad qualities are used in the preparation of the liquors of the present day. But perhaps the most filthy ingredient is tobacco, of which a certain per centage, to give appearance of age and strength, is used in almost all liquors. Truly the stomachs of those who guzzle at the slop-shop rum-holes of cities are to be pitied.

This adulteration and poisoning of liquor extends also to almost all our wines. Most of the *imported* (!) wines drank in this country, under various names, never crossed salt water. Any quantity of the *very best brands* of champagne can be manufactured out of our native cider; and nine in ten of those who drink it will for a little while be ready to swear that it came from the other side of the big pond. But the only salt water it ever saw it met at the mouth of the Hudson in crossing from Jersey. And as for brandies, whiskey can, with trifling cost, be changed into a brandy that has every appearance of age, and be sold for three or four dollars a gallon.

It is hardly necessary that I should inform you of the evils entailed upon mankind by the use of these adulterated liquors; for you can meet them on nearly every hand and behold them with your own eyes. To the voice of others I would add my own, saying unto you, Beware of these villainous compounds; for they burn and inflame the stomach; their use leads to poverty and wretchedness; disease and death are their certain fruits. If liquor is necessary in any case, for medicinal purposes, nothing but a pure and unadulterated article should be purchased. This may be taken without inflaming the stomach; for it is the base counterfeit, and not the genuine article, that produces such disastrous evils upon the human system.

### REGULAR HOURS FOR EATING.

THERE is but little danger of too much being said upon the subject of diet and of regular hours for eating, in the prevention of disease, and as a means of promoting health and assisting the system to survive to old age. Consumption, dyspepsia, and liver complaint often come from irregular and improper diet.

By an increased temperature in the stomach, (which is necessary for the assistance of digestion,) the times that food should be eaten are indicated as follows. Breakfast from 5 to 7 o'clock in the morning, dinner from 12 to 1, and supper from

5 to 7 in the afternoon. After this period, the heat in the digestive organs subsides, and food of no kind will be digested so readily—nor anything like it, unless an injurious habit, contrary to nature, has been contracted; and under any habit whatever, the digestion is not so perfect as at the time indicated.

A most destructive habit of eating has arisen in our large cities, under the bidding of *Fashion*, which would be more properly known under the title of *laziness*. Men have no right to set nature at defiance, and transform day into night and night into day, changing the proper hours for sleeping and eating; and if they do this they must expect to suffer the consequences.

The approaching shades of the evening give warning for relaxation, rest and retirement. The beasts of the field and the fowls of the air give heed to the indications of nature; they retire to their rest at night, rise refreshed and cheerful in the morning: and dyspepsia, indigestion or consumption rarely visit them, unless they are placed in confinement.

Articles of diet, in *themselves*, either vegetable or animal, have no part in causing sickness unless they disagree with the stomach, provided they are properly cooked and eaten in reasonable quantities at the proper hours. It is from their *abuse* that evils arise. And to decide what you shall eat to promote health, I would say, choose out of the bountiful storehouse of God those kinds of food that suit best your taste and digestion; for almost all kinds of animals may be eaten, from the smallest to the largest—from the snail and grasshopper up to the elephant; and of fowls from the humming-bird to the condor—and of fish from the red-fin to the whale; and every person may choose that which suits him best. Also eat of the variety of fruits and vegetables; for God has made them for your use, to be food and medicine for all. But let me say to you, do not hasten your death by dieting improperly, or at improper hours; do not dig your grave with your teeth, but regard the proper hours for sleeping and eating, rather than the kind of food, provided the food is not hurtful to you.

We have a great many treatises now-a-days, prescribing for us what we shall eat, by persons who of necessity can know nothing of our peculiar tastes or our peculiar digestion. I deny the propriety of this dictation; for as the mind acts in a measure with the stomach, and in a certain sense indirectly aids the digestion, it is obvious that articles of food repugnant to the stomach and consequently to the mind will retard digestion and induce disease. It is well known that the mind operates powerfully upon the muscles of the stomach, and that digestion is greatly influenced by it, as is also eating or drinking; for when the mind is composed, and we are eating very heartily, being quite hungry, the sudden alarm of fire, or hearing of the death of some one dear to us, will instantly destroy the appetite and retard the digestion. This is frequently seen in both children and grown persons.

Do not eat or drink under great excitement of mind of any kind; for food taken when in this state will do you but comparatively little good, and is almost certain to injure the digestion. The greatest composure of body and mind are important while eating, and for a short time after, until digestion is over. Cheerfulness while eating and drinking is excellent; and a chit-chat with an old friend after meals will assist digestion extraordinarily.

*Masticate your food well.*—This is of great importance. Food should never be taken into the stomach until it is properly prepared by being well masticated in the



mouth. The saliva of the mouth is the only natural substance for mixing the food and preparing it for digestion.

To prepare the food, the mouth, teeth and gums, should be in a state of health, so that not only it shall be well masticated, but that disease be not imparted to it from a diseased mouth before it enters the stomach and is thence diffused into the blood. Hence I particularly deprecate and deplore the effects produced in the mouth by mercury and other mineral medicines. Their horrors cannot be told; and again I would caution you against their use.



No. 23.—THE LIVER AND STOMACH.

Two very important organs in the physical economy, and those through which all medicines act upon the blood and other fluids, are represented in this cut. The liver is the largest of the internal organs, and generally weighs about four pounds.—Its uses are to secrete a fluid called bile, necessary in the conversion of food into venous blood, and it also, when healthy, separates impurities therefrom. The

necessity of keeping this organ in proper order must therefore be obvious. The vessel in which the bile is secreted, or gall bladder, is marked G in the plate; the liver L, and the stomach S. In the stomach, the milky fluid called chyle is prepared, which, after being mixed with the bile, &c., becomes venous blood.

*Digestion in the Stomach* will not take place properly unless the food is taken at regular hours and under a condition of composure, and the food be well cooked. The gastric secretion will not consume living substances or animals: this is well known to physicians and physiologists; and it is, therefore, a bad practice to eat meats rare, or with blood in them, as is frequently done.

There be some men, having a digestion like that of an ostrich, who seem to eat any thing and at any time without injury to them. But even these are finally injured by their continued rebellion against the laws of nature. And what such men do, it may seem to some all may do; but they will find it different. It will never do for the man with a weak stomach, or with the consumptive, to take pattern after the ostrich.

The gastric fluid of the stomach will digest and sweeten the most putrid meats, but it will have no action on living substances; for it is well known that various animals live in the human stomach. [See evelts, frogs, snakes, &c., in another part of this book.]

*Digestion in the Duodenum.*—There are but two points in the human system for the digestion of food—one in the stomach, the other in the duodenum. In the first, digestion takes place by the action of the fluids of the stomach; in the other, by the action of the bile or gall and pancreatic secretions, which separate the nutritious part of the food and prepare it for a union with the blood, when it is taken up or absorbed in the small intestines by the absorbents or lacteal vessels. In order to a proper digestion in the duodenum, it is necessary that the bile be in a healthy and unobstructed state; for though digestion may go on after a slow manner, it is done imperfectly; and under this condition the body becomes emaciated, the strength

diminishes, and disease supervenes—often taking the form of consumption, for which it is mistaken.

*Absorption of the nutrient food* is accomplished by the lacteal vessels, which carry the nutritive properties to the blood, which passes through the heart to the lungs where it undergoes a chemical change by contact with the air. And thus you see illustrated the theory I have presented to you, that blood is the life of all flesh, and air the life of the blood. Without purity and strength in the blood, received from what is taken into and digested in the stomach, the workings of our machinery soon manifest symptoms of disorder, and the machinery runs to decay.

In any case where the digestive organs neglect the performance of their duty, we may suppose that not only is there disorder in those particular parts, but that through them the blood is becoming diseased. And, indeed, it is very often the case that disorders in the stomach have their origin in an impure blood; for it may be possible that the immediate effect of indiscretions in eating will not be upon the stomach, but upon the blood, and from thence re-act upon the stomach. While, therefore, all will see the expediency in the first place of keeping the system from evil by due attention to eating at the proper hours and under proper circumstances, they will also see the necessity in all cases, where disobedience of the laws of nature has taken place, and dyspepsia or other diseases of the stomach have been induced, either directly, or indirectly through the medium of the blood, that the *correctives* should be administered to overcome the pernicious effects, and restore both stomach and blood to their natural and healthful condition. And the longer this is neglected the worse will the condition of the person become. Occasionally fasting for a meal or two will be found excellent to restore the stomach to a healthy tone.

For the benefit of those suffering from indigestion and dyspepsia, or from other complaints growing out of inattention to regularity in meals and taking improper foods into the stomach, I would recommend my Anti-Bilious Pills and the Blood Renovator. These medicines will be found highly efficacious in all complaints of this nature. They will restore the stomach to right condition and the blood to its original purity, and remove obstructions to the bile, in all cases where the disease has not been of such long standing as to have completely got mastery of the whole system. In the latter case, a regular course of medicines should be taken systematically and perseveringly, and thus will health be regained.

#### DAILY EVACUATION OF THE BOWELS

Is of the utmost importance in the maintenance of health. Without attention to this, the entire system will become deranged and corrupted. Beauty of person as well as health depends in no small degree upon regular daily evacuations; and a diseased stomach, bad breath, sallow complexion, enlarged and diseased liver, rush of blood to the head, loss of memory, headache, heart diseases, bleeding at the lungs, a thick, coarse skin, loaded and contaminated blood and bile, falling of the womb, dyspepsia, piles, hectic fever, consumption, and confirmed costiveness, are induced by neglect of this matter. The morning—either just before or just after eating—is the best time for regular evacuation; and a habit of this should be

formed and strictly adhered to, all business calls to the contrary notwithstanding, or disease may be the result.

#### COSTIVENESS CAUSES CONSUMPTION.

THE inability to evacuate the bowels daily, or the neglect to do so, loads the lungs with impure deposits, and gradually grows worse and worse if it is not attended to, and finally seriously affects the system and frequently induces consumption. In all ordinary cases this may be prevented by simply forming a habit by perseveringly endeavoring at a fixed hour each day to induce an evacuation. People may think lightly of this, and many troubled with costiveness may say they have tried without contracting a habit. But I know that if the rule I have here laid down is commenced and adhered to faithfully before the disorder has got complete mastery of the system, the effort will finally be crowned with success, and the health of the person saved to him. What matters it if you try a hundred times to produce evacuation, and do not gain the end? Try five hundred, yea ten times five hundred, rather than be led into consumption through neglect and growing costiveness.

Where costiveness has been neglected and has gained a complete mastery over the system, it will often be found difficult to restore a healthy and regular action to the bowels without recourse to some corrective medicine. For this, you will find in my Blood Renovator and Anti-Bilious Pills qualities that will bring the bowels to a healthy state, and save you from consumption. These you may always obtain by sending to me. But in the want of them, and before you can obtain these as a relief, I would recommend the use of Turkey rhubarb as the next best remedy in your complaint, with occasional injections of cold water.

#### URINATING OFTEN

Is also a matter of great importance. People generally suffer more from long abstinence from urinating than is supposed by physicians even. I have had cognizance of cases where individuals have dropped down dead from long continued holding of the water.

The health of the kidneys, bladder, and blood are much dependent upon proper discharges of the urine; for if it be not frequently drawn, earthy sediments are deposited, and gravel or inflammation or ulceration of the urinary organs follows; or the matter is absorbed by the absorbent vessels and deposited in the blood, by which the heart and lungs are affected, unless it be thrown off, with an offensive smell, by perspiration.

Much of the watery portion of the blood is drained off by the kidneys and through the urine; and to stop the regular flow of this will produce an impure blood, and cause dropsy or kidney consumption.

Thousands are the cases of kidney and urinary diseases, attended with debility, emaciation, haggard countenance of various hues, and ghastly eyes, which many eminent physicians pronounce to be cases of lung consumption, and treat accordingly. I have been so fortunate as never to be mistaken about these complaints, and



invalids have expressed the opinion that I had a miraculous power to detect disease and its location. Very well; that is what should be done in all complaints; for when the disease and its location and character are perfectly understood, appropriate medicines can be given; but not till then can any physician prescribe for his patient with any surety of a cure.

Persons are frequently troubled with pain on making water, with scalding or burning heat of the water, thick water, difficulty of holding the water, too much or too little water, bloody urine, and red or white sediment in the water; and also with grub in the kidneys, producing many of the above complaints, together with a gnawing pain in the region of those organs and great heat and weakness in the small of the back. In some cases of these complaints a regular course of medicine is necessary to restore health to the organs; but generally the Water Regulator will be found sufficient in itself to afford the desired relief. Females troubled with any of the above diseases will find the Female Wash of great value, in connection with the Water Regulator.

#### EARLY TO BED AND EARLY TO RISE

Is an excellent maxim to follow. It is detrimental to the health to turn day into night; to be up till the early hours of morning, and then lie in bed till the middle of the next forenoon. This is a transformation of the intention of nature, which sooner or later results in evil effects to the system. The beasts and the fowls retire at dark and are up with the break of day, with the exception of that portion which, by the peculiar construction of the eye, see better in darkness than in daylight, and were evidently intended by the Creator to be night-prowlers. But from the fact that man in the night season is comparatively blind to surrounding objects, the conclusion is obvious that God intended he should sleep in the night and be awake in the day time.

Particularly in cities, more than in the country, should this rule of "early to bed and early to rise" be observed, and more especially by persons who are ailing, and require exercise and good air. But, generally speaking, the reverse of this is true—country people do not so much turn day into night and night into day as those of the city.

The chief reason why the invalid in the city should rise early is, that he may get with his exercise an air as pure as is possible to be had in his locality; and for this he must be up in the morning. Then, before the vehicles have filled the streets with dust, (so bad for the lungs,) and the ten thousand chimneys have emitted their deleterious smokes, and the reflection of the sun from the walls and walks has dried up the freshness of the morning, the invalid may indulge a hope of getting a few breaths of air comparatively pure and healthful, from which he will derive new strength and vigor. And this is about the only time he can get it. And besides the artificial causes that poison the atmosphere, the air of the morning is sweeter and better than that of any other part of the day: though in the country, remote from dust and filth, from smokes and steams, the air has always a species of freshness and purity unknown to the city; and therefore it is not so essential that the invalid in the country should be up early for the purpose named.

Sleep, "tired nature's sweet restorer," is essential to all animate creations—to none

more so than to man. During sleep the functions of the brain have ceased; they are held in temporary suspension, while the action of the heart and lungs is nearly the same as in wakefulness. The recurrence of sleep is indispensable to recruit the faculties of body and mind, and prepare them anew for further labor; and when the body is in health and the mind at ease, this state of existence, if undisturbed, is perfect in giving new life, vigor, cheerfulness and power to both the physical and mental being. But by what influence the powers of the body and mind are restored to the individual while in this state, or how the insensibility is terminated of itself, we have but vague and unsatisfactory ideas.

The hours necessary for sleep differ in different individuals, and in proportion to the activity and size of the brain. Men, animals and birds, having small heads or brains, sleep less, and actually require less sleep than those having larger and more active brains.

The causes that disturb rest are various—both bodily and mental—but greater in the day time than at night. Sleep is prevented by constant pain, by disorder in the nerves, by great heat or cold, by unusual noises, and often by light, because light induces activity of the phosphorus in the system, from which emanates activity of the brain, and darkness operates to check the action of the phosphorus, from which dullness and sleepiness of the brain supervene. For this reason night is preferable to day for sleeping hours. Also by distressing news—the death of a friend, failure in business speculations, disappointment in love, connubial infelicity, and by a thousand other causes, sleep may be broken; all of which tend to debilitate and derange the brain, and often induce consumption and other diseases.

To witness a person overcome by the power of sleep is sometimes laughable. The delights of courtship are often interrupted by this agent; the merchant is taken from his business, and the student from his book, by the power of sleepiness. Often when we exercise the greatest watchfulness it steals upon us; and again, when most desired, it is most distant. Many, like Peter of old, have wept because of oversleep, while others have sighed for the want of it.

The best time for sleep is in the early part of the night. Rest before twelve is much better for the system than an equal amount after that time. But the hours of its greatest strength are from about ten in the evening till one; therefore, this period should be spent in bed.

There is no rule to govern the amount of your sleep, any more than the kind of your diet. Much of its duration will depend on the labors of the previous day, mentally and physically; but generally from six to eight hours in the twenty-four are sufficient. Some constitutions require more than eight hours; but there are but few who can labor hard and continue in health with less than six. Persons who are in the habit of being often broken of their rest will be considerably recruited with four hours sleep; but if they habituate themselves to this there are but few constitutions but will suffer injury from it.

Carefully avoid all excitements tending to deprive you of the requisite amount of regular sleep. And if your nervous system is suffering from derangement, and medicinal aid is required, you will find Root's Nervine an excellent soother and promoter of sleep and rest to both body and mind.

## EXERCISE AND LABOR.

In order to the full enjoyment of life, strength and health, the system of **man** requires a certain amount of exercise, either as labor understood in its general significance or as labor in sports and games of some kind or other.

By exercise the limbs and muscles of the body gain strength, and thus the individual becomes better capacitated to withstand the shocks and physical trials of life. And the mind also gains additional strength and power through the same channel; for by these it is led from one change to another, which relieves it of a sameness; and while acting in harmony with the muscles of the body it gains force and vigor which it would never attain to were exercise disregarded. For true and beneficial exercise, there must be harmony of action between the moving power and the power to be moved. The will and the muscle must both be directed to the same end at the same time, otherwise the effect will be imperfect.

Gymnastic exercises, which originated among the Greeks, are excellent for persons of sedentary habits, and should in greater or less degree receive their attention. To the hard-working mechanic, farmer, or day laborer, there is no need to give advice about exercise; for generally they get quite as much of it as is essential to health—except in cases of mechanical work which is of a sedentary nature. But persons whose business has no exercise in it, should practice riding, walking, wrestling, pitching quoits, or some other kind, which will develop the muscles and strengthen the system. They are excellent for the preservation and restoration of health, and often highly useful in the cure of diseases.

Gymnastic exercises among the Greeks were somewhat different from the gymnastic exercises of to-day. In the olden times they were designed to accustom the youth to feats of activity and strength and prepare them for the fatigues of war.

Many of the affections to which men are liable may be greatly influenced and often entirely removed by exercise. Glandular obstructions are best treated in this way. On the other hand, where exercise has been too powerful, it occasions bodily complaints—loss of appetite, loathing of food, costiveness, rigors and fainting. In these cases, a moderate use of good wine, warm clothing, quiet sleep, and a moist, nourishing diet afford the best relief.

Exercising the lungs by inflating them, is excellent, both in disease and health, unless the lungs, heart or liver are suffering under some peculiar state of disease which makes inflation dangerous.

If the body have no exercise, the orifices become filled up with the waste or decomposed matter which should escape through them; but if we exercise, the muscles are contracted about those orifices and the waste matter is thus forced out, (the same as the vermicular action of the bowels forces out the contents of the bowels,) and the body becomes free from obstructions. Choke up the system and we die; free it and we may live; for there is a decomposition and a renewal of the body constantly going on, and the decomposition must be allowed to escape.

Avoid being housed up too much. Beware of constant and close confinement in parlors and drawing-rooms. Give attention to out-door exercise, pure air, light and labor. Dancing and rope-jumping, moderately and rationally, are excellent for the ladies. Dance after music, for music enlivenes and cheers the mind, and dancing



in connection with it gives exercise to the muscles. Playing ball, pitching quoits, playing with the dog or lamb, or playing at tag, are excellent exercises for the children. They carry with them an interest to the mind, and by keeping that in cheerfulness, and the muscles in action, often prevent consumption.

The life of the system is renewed and improved in all its parts by moderate exercise—by neglect of this it is lost! Therefore, if you wish to enjoy life and health to a good old age, exercise moderately.

An argument of much weight in favor of exercise of the body by labor or by dancing, playing, &c., is, that an increase in the bodily action produces more copious respiration, which is essential to health. The larger quantity of air inhaled acting on the blood in the lungs, gives to the body an increase of nervous electricity, which increases the animal heat, whereby the pores of the flesh are electrically opened, and the decomposed animal matter is more rapidly thrown off, by what is called perspiration or sweat.

Electrifying the body with the galvanic battery produces the same effect, stimulating the system, opening the pores of the flesh, and giving an increased perspiration.

Persons exposing themselves to the weather immediately after unusual exercise, or after the use of the galvanic battery, are very liable to take cold, if perspiration has been induced, and is suspended by a suspension of the inducing force. Therefore, persons should avoid sitting in currents of air, or otherwise exposing themselves after unusual exercise or receiving galvanic charges, unless they put on extra clothing, until the perspiration has passed off.

### EFFECTS OF HEAT AND COLD.

THE human system is subject in great degree to sickness from the effects of heat and cold; in the spring of the year, the heat sometimes coming on oppressively, we are induced to dangerous exposures to colds, from whence flow much sickness. Colds in the spring and summer are often more violent and fatal in their character than in the cold weather of winter; they take more violent hold upon the system; for in the winter season we are kept better protected from the dangers of the weather, and colds do not seize us so easily.

Exercising and starting a profuse sweat, and then being chilled suddenly, is very bad for the health. It induces the most dangerous kinds of colds. Wet feet is another source from which spring colds and fevers that often prove fatal. I would advise you to carefully avoid these exposures.

Against the liabilities to disease from changes in the weather, there can be no particular rule laid down. Each person must attend to the condition of the weather himself, and regulate his clothing accordingly. When changes occur, demanding more clothing, you should put it on; but do not always throw off your warm garments upon the first warm day, for the next you may be chilled to the bone. Exercise judgment in this, and do not depend upon the physician, for he cannot stand by you through all the vicissitudes of the year.

## ELECTRICITY OR MAGNETISM.

THIS important agent (electricity) is of a very mysterious character, and although a constituent element of all life, and used with great medical advantage, is but little known. It is too subtle to be weighed—it fills no appreciable space. It is a component part of the air and of all living substances, animal or vegetable; and without its presence the nervous system would be useless for nervous sensation.

Animal heat can now be demonstrated to all by the action of the stomach and lungs supplying magnetic and electric vitality to the nervous system. The stomach and lungs serve as a galvanic battery, to electrify and charge the system with *nervo-vital fluid*; while the food of the stomach and the air of the lungs have a wonderful effect to influence the stomach, nerves, or other parts of the system.

Were it not for the lungs, we should be charged with magnetic, but not with electric, vitality; but by the lungs imparting electric, and the stomach magnetic, we have a union of electric and magnetic nervous fluids, so necessary to give vital action to the heart, pulsation and circulation to the blood, and health to the body.

The acid in the stomach from food, or by oxydization of blood by union with oxygen, is the same as a solution of vitriol and water to the copper and zinc of a battery; and for this reason acidity of the stomach gives a great inconvenience by acting on the coating thereof, (which is known as hunger,) when destitute of food, or in case of dyspepsia, the same as you will see the vitriol acid eating and corroding the zinc and copper of the galvanic battery.

Thus you will readily perceive that the union of the nutriment of magnetized foods, conducted from the stomach, intestines, lacteals and heart to the lungs in a magnetized state, receives the oxygen and electricity in the lungs. The electro-chemical effect by this union upon the blood, which is charged with iron, while the nitrogen and carbonic gases are disengaged and respired, is, to produce animal heat, as the iron (which gives color to the blood,) is constantly rendered magnetic (analogous to the needles in the galvanic battery) under the influence of this union. Hence caloric or animal heat is being constantly engendered.

I have previously explained, in treating of the uses of the lungs, that the blood in the pulmonary vein, which passes that fluid from the lungs back to the heart, was one or two degrees higher in temperature than that passing from the heart to the lungs—one kind of blood having the principle of life, the other of death. The blood being a good conductor of electricity, (from its iron) by means of it, in connection with the nerves, electricity or heat, when generated in the lungs, is quickly conveyed to the various nervous poles or parts of the system. Philosophers have not seen this, and have, therefore, failed to show how animal heat is produced. But I shall consider this view of it correct, unless a more plausible one can be presented.

Chemists have long known that the stomach always contains an acid secretion, without comprehending its use. And this acid must be supplied either from the food or by oxydization of blood in the lungs; but it is most reasonable to suppose it forms from the food. A diseased state of the stomach and liver increases acidity to an alarming extent, as thousands of dyspeptics can attest.

The oldest and most able chemists have wondered at the office of the acid secre-

tion found in the stomach, but until galvanism or electro-magnetism was discovered, the wisdom of this secretion could not be determined. But now we see its importance in the stomach, (the same as the vitriol and water to the battery,) to impart *nervo-electric* vitality to the nervous system—the generator of animal heat—with out which we should be helpless creatures. Thus we see the importance of this secretion, which is necessary to life, and does no injury except it be secreted in too large a quantity.

It will be well to remember that the nervous influence of some foods or medicines, giving a favorable or unfavorable action to digestion, is as quick as lightning in relieving or increasing pain and soothing or inducing disease. It may be well to say that however large the quantity of food taken into the stomach only a sufficient portion of acid for health will be produced, if the stomach be in health. But in the stomachs of dyspeptics and rum-drinkers, where the internal coating is diseased, there is produced an over abundance of acidity, and the galvanic effects are felt upon the nerves, as seen in *delirium tremens* or *hysterics*.

I am much in favor of the electro-galvanic or magnetic power to *aid* in the cure of a great many diseases, when employed in connection with medicines. I approve of and recommend its use; but allow me to say, that *nervo-vital* electricity, being only one of the constituent elements of life and health, magnetism should be used with a knowledge of and with reference to this, and not be made a *hobby* of by assertions that it will cure all manner of diseases, as many in their zeal for it pretend. It is well known that this power is sometimes productive of great good as an assistant of medicine; at other times its use has caused injury, where it has been applied improperly; therefore it is necessary to have a perfect knowledge of its proper application.

Since electricity was first made applicable in the service of the physician, it has been taken up by many arrant impostors, who, for the purpose of lining their pockets, at the expense of the unfortunate, have from time to time thrown into the market for sale numberless so-called galvanic rings, belts, chains, &c., &c., the which, so far as an extensive experience will enable me to judge, are generally worthless, and in a vast majority of cases fail to perform what the credulous patient is led to expect from them. For this reason, I would recommend that any person who may wish to make use of this agent, should exercise care in his purchases, and apply only where he can place the most perfect reliance.

### ELECTRICAL PSYCHOLOGY.

THIS science bids fair to unlock the prison doors to the mystery of mind, and to enable physicians to more easily control diseases affecting it than has hitherto been the case. Should the diseases of the mind (which have baffled the skill of the most eminent physicians), from those found in the raving maniac down to the love-sick swain, be, through the agency of this science, conquered and brought under control, and the suffering thousands who people our insane asylums be restored to their friends, clothed in their right minds, great honor would be due to those with whom the discovery originated, and through whom the science has been matured and brought into service.

By many the science of psychology has been treated as a humbug; but only by



that portion of the community who are either too ignorant to understand its philosophy, or have been too indifferent, or too set in their way, to examine into it. For all to be protected from abuses through it by evil and designing men, who practise and teach it, I would recommend that they learn its principles; and this, with care of whom you allow to obtain mesmeric control of you, will be your safeguard against harm from its use in the hands of others.

The science of psychology may be divided into two divisions—one of which acts upon the mind, the other upon the body, both through the medium of the senses. The key to this science lies in *perfect belief*, or an entire absorption of the will in its truth and power. When this state of mind is induced, the muscles of the person yield to the wishes of the operator, and he falls powerless into the control of his master. The subject is negative until a perfect belief is established, and cannot be controlled by the operator; but when the mind is fully taken with belief, the connection of the nervo-electric influence of both minds is established, and the positive controls the negative.

I am inclined to think that God acts as the positive and the sinner as the negative, in religious matters. When the sinner becomes absorbed in the contemplation of religious matters, and has placed implicit faith in their truth, he yields to God, and thus becomes a perfect child of the Lord, through an undoubting belief. Then the union of God's spirit with his subject is commenced. But man, being a free moral agent, God does not, though he might do so, control the man by power, but through the perfect love and entire faith placed upon him. By taking this view of the subject, we may see how it is that the spirit of God is removed from man when he commits sin, and is restored to him through his repentance, faith and belief. The connection of the spirit of God with man may be thus psychologically explained—(it being understood that God exercises power, but man free moral agency)—and we can thus see how the child of God has a foretaste of heaven, and feels an assurance, at death, that he shall be received into the divine favor and acceptance of Jehovah; and also how the sinner feels assurance of enduring misery, by an entire separation from union with God in spirit. Conscience is the guide in both cases, whether feeling approved or believing we are not approved. The Christian has approving conscience, through entire belief and trust in God's love, while the sinner has evidence of disapprobation, and enmity, from a consciousness of living in unrepented sin, in disobedience of God's command. In other words, the Christian is led by the electric cord of divine love; but the sinner has no divine guide.

The state of electrical psychology is induced in several ways, some of which we will mention—by passes of the hands, made from the head downwards; by a peculiar gripe of the hand; by gazing intently and fixedly at a coin, made of zinc, copper, and silver, which is held in the hand, by which a galvanic current is formed to assist in overcoming the subject; and by impression on the mind by firm and decided language and action—saying to the subject that he cannot do otherwise than he is told; or by belief of electricity in the air operating upon the will. When in this condition, the taste, smell, hearing, seeing and feeling of the subject, are under the control of the operator, as well as his physical action.

I cannot here indulge in particular descriptions upon this subject, but will say that I deem it worthy the attention and investigation of all men. To the teachers of and operators in the science, I would say, humanity demands of you, not to give wrong impressions or influences to the subjects upon whom you experiment, for the

purpose of furtherance of evil design. Deal honorably and godly, as you would wish to be dealt with by others. If you fail in this, futurity may consign the science to contempt, and thus it be strangled in its infancy.

## WORMS.

*Tape Worm.*—The existence of the tape worm in the human system, though once a matter of doubt to many, has become a well-known fact. The tape worm is white, very long, and full of joints, and is generally bred in either the stomach or the small intestines. They occasion vomiting, disagreeable breath, gripes, looseness, swelling of the belly, swooning, loathing of food at one period and a voracious appetite at others, dry cough, convulsions, epileptic fits, sometimes deprivation of sleep, pains in the stomach, side, and bowels, dizziness, heaviness of the eyes, a wasting away of the flesh, and consumption.

The more uniform symptoms of worms are intestinal irritation, irritation or itching in the lower end of the bowels, alternation of diarrhoea and costiveness, great thirst, and variable appetite. The child sometimes becomes hungry almost immediately after eating heartily, and at other times the appetite is feeble and depraved. The complexion is pale, or sallow, or leaden, with occasional flushes; swelling of the upper lip, watery mouth, enlargement of the nostrils, a livid circle around the eyes, dilation or contraction of the pupil, with a fixed, unmeaning expression. The sleep is disturbed, the child often starts and awakes in terror; he grinds his teeth, and picks his nose; there is a dry cough and headache, slow fever, and spasmodic or convulsive affections.

There is scarcely a complaint which the presence of these animals will not excite



NO. 24.—WORMS—DIFFERENT KINDS.

This plate represents different kinds of worms found in the human body.

1. The Tape Worm. There are two represented on the plate; the neck and head of one (by the figure 2) are magnified.

3. The Round Worm.

4 and 5. Pin Worms.

On the upper corner is a Thread Worm.

or imitate. Cases are recorded of their producing apoplexy, epileptic fits, catalepsy St. Vitus' dance, lock-jaw, mania, dropsy of the head, inflammation of the eyes, perverted vision, palsy, hiccup, pleuritic pains, croup, rheumatic pains of the joints, dysentery, convulsions, &c.

To these may be added a slow, irregular remittant fever. The exacerbations are attended with heavy drowsiness; the remissions with a morbid vigilance. There is pain of the bowels and at the pit of the stomach, with occasional purging, and a good deal of gastric juice. The head is much affected, sometimes painfully, though, for the most part, with stupor or delirium. The eye is wild, the pupil dilated, the ~~ala~~ of the nose contracted, the cheek flushed, the forehead polished as if glazed.

In short, their presence in the system is not only in the highest degree annoying, but decidedly dangerous to the life.

The tape worm varies in length, from a foot or less, up to the almost incredible point of one hundred and fifty feet. I have now in my possession one six feet long, lately expelled from one of my patients, who had been given up by her former physicians as in an incurable state of consumption. The patient is now in the enjoyment of good health, the medicine administered soon destroying the worm. I found that her physicians, as is often the case, had made a mistake in the character of her complaint, and that what they believed was consumption, all arose from the presence of tape worm.

The tape worm is very tenacious of life, and therefore the system can not be relieved of one by the nostrums of every practitioner. When separated at its joints, each joint of the worm will often live, and become of itself a distinct worm.

The tape worm is found in animals and fish, as well as in the human system. I have been informed that the mackerel and cod fishermen often discover this reptile in those species of the finny tribe.

Calomel is generally administered in cases of worms. This substance is the chief ingredient of most of the vermifuges, lozenges, and other nostrums of the day, used in cases of worms. But, as I have shown, this medicine is highly dangerous to the system; and certain I am that it need not be used to destroy and dislodge the tape worm, for I have brought them away by vegetable remedies repeatedly; and, in fact, have seldom or never failed to expel them from the system of the sufferer.

*Pin Worms* are very troublesome both to children and adults. They are generally found about the anus, and frequently eat through the rectum. They cause great pain and soreness about the seat, and are often dangerous.

The best antidote against the pin worm I have ever used, is my German Ointment, introduced into the rectum, and rubbed about those parts, just before the operation of a dose of Anti-Bilious Pills. It never fails to kill the worm and heal all soreness of the parts. This Ointment is also excellent in the piles. It never fails to give great relief, and sometimes alone effects a perfect cure. Used in connection with the Anti-Bilious Pills and Blood Renovator, the most obstinate piles, whether blind or bleeding, yield to them, and a perfect cure is effected.

*Round worms destroy thousands of children.*—The stomachs and bowels of children are loaded with slime and mucus matters, which afford a bed or nest for worms; and the stomach of the child being weak and tender, the worms multiply rapidly, and finally choke up the intestines or other parts, and cause death. All kinds of green fruit induce worms in children; and in particular is our *city milk* bad to generate worms.



Children suffering from worms are often dosed with numerous sorts of medicines for other complaints, instead of having administered to them the proper worm remedies, to dislodge these troublesome vermin; and few seem to know what is the matter with the child, until, after its death, the worms discharge themselves from the stomach through the nose and mouth, and from the bowels through the channel of evacuation; and thus inform the physician of his mistake. I lost a little sister from worms, who had been prescribed for for another complaint; and the physicians did not suspect the real cause of her sickness until after her death, when hundreds of worms discharged themselves from her. I was sick at the same time in the same way, and was not expected to live an hour; but the evacuations from the little girl gave notice of the condition I was in; and by being doctored for worms, my life was saved, and I am permitted to be your instructor through the pages of this work. But that the worms had discharged themselves from the body of the dead little girl, I should in all likelihood have shared her untimely fate, and been laid in the grave that received her mortal remains. But had we been doctored in the first place for worms, as we should have been, both instead of one of us would have been saved.

Since the destruction of my little sister by these ruthless invaders, I have had a *hatred* of worms, and been determined to prepare something which should kill and dislodge them from the system. For this purpose I have compounded a Worm Killer expressly, which, while it does not the least injury to the stomach or bowels of the child, never fails to destroy the worms, of whatever kind. Thousands of mothers and children who have used this medicine, and seen lives saved by it, have thanked me for having prepared it for their use; and in the consciousness of having effected a vast amount of good through its efficacy and power, I experience the most satisfactory reward.

### EVETS IN THE STOMACH.

THE presence of these animals in the human stomach has been made often mention of in medical works. They are drank in with the water from brooks and springs. I once succeeded in expelling one from a patient who was dreadfully emaciated and exhausted, and had many symptoms of consumption of the liver and stomach.

That a living animal may continue in the stomach, and not be digested, as is the food, may seem strange, but it is nevertheless true. The gastric secretions of the stomach, nor the digestive organs, have any effect to digest a live creature.



NO. 25.—SNAKE, FROG, AND EVET.

I would claim no particular skill in the removal of the evet from the human stomach, although medicines taken under my direction have dislodged them—perhaps accidentally. The animal is very difficult to kill, and only the most active medi-

cines will have effect upon him, and these must be taken with the greatest care. However, no person who has received one of them into his stomach, should neglect any means to expel him. I would say to all suffering in this way, I shall be happy to do all for you that human skill can do, and think I shall be able to remove from your stomach any evel, snake, or other reptile that has made his abode there.

Let me caution all who are in the habit of drinking out of brooks or springs, to be careful and see what is in the water before they drink it

### FROGS IN THE STOMACH

THESE are supposed to be drank in with the water, either when very small or in the egg, and while in the stomach they grow, sometimes to a very large size, and cause great inconvenience, inducing many of the same symptoms as arise from the presence of the evel. They are much more frequently found in the stomach than evels, but are easier killed and more readily expelled. The cases are by no means rare where a frog is living in the stomach, when the patient is being dosed and physicked for some other disease—all of which does not the least partice of good. You will see the necessity, therefore, of consulting with some skillful physician, who will immediately know what is the matter with you, rather than have an ignoramus to bleed, purge and dose you to death, for the purpose of curing a disease you was never troubled with. By a very short examination of a patient, it can be decided to a certainty if there be a frog in the stomach, and having determined the fact, he can be easily expelled by proper medicines. The Worm Killer will in all cases prove an infallible remedy.

### SNAKES IN THE STOMACH.

THE presence of snakes in the human stomach has been by many scouted at as an idle whim of the imagination; but that these reptiles are occasionally drank in with the water from brooks or springs is a fact that I have had personal cognizance of. I might cite several cases where they have been dislodged, but one must suffice. In the winter of 1852, Mr. Wm. W. Sanford, of Charlestown, Mass., who had been sick for two years, and was supposed to be in a decline, took some medicine which caused him to cough and retch violently, when he threw from his stomach a *living snake*, about eight inches in length, almost perfectly white, with sharp, black eyes. Mr. Sanford drank water from a brook, in Maine, some two years before this occurrence, at which time, in all probability, this snake was taken into his stomach, it then, undoubtedly, being quite small.

The snake in the stomach is much more disagreeable and dangerous than the tape worm or the evel—being possessed of greater strength and more power of injury, and growing to a size that makes it difficult to expel them. They sometime cause choking and suffocation of the person, by rising up towards the throat. The symptoms of their presence are the same as indicated by the tape worm, only they are experienced in a stronger degree. They grow to various sizes—I have seen them

varying from twelve inches to four feet, expelled from the stomach. They are very hard indeed to dislodge in any way; and I should say that no medicine had the power to always kill them, though I have received several letters from patients in Ohio and Michigan, and in Florida, (where they are frequently taken in with the water,) speaking of the killing and expulsion from the stomach of small snakes by the use of my Worm Killer—sometimes taken in connection with other medicines, sometimes alone.

When worms of the smaller kinds are supposed to be in the stomach or bowels, the Worm Killer should be administered without delay. It is decidedly the best general medicine in cases of worms that has ever been presented to the public. But when snakes, eels, or tape worms are supposed to be in the stomach, and the Worm Killer has been thoroughly tried without affording relief, the patient should be carefully examined, to determine whether the reptiles exist or not; and then the proper medicines can be prescribed, according to the requirements of the case.

### CANCER.

"The man who wantonly wields the bloody knife for the sake of experience or a vain display of his adroitness, is a human savage, in whose breast soft pity never dwelt."—DR. CUMMING.

OF this distressing and often fatal disease there seems to be a variety, each apparently distinct from the others, and different in their characters and dangerous properties. There is the fissure, spider, bone, rose, sleepy, wolf, black scaly and bleeding cancer; of which I shall speak separately and particularly.

*The Fissure Cancer* first makes its appearance in the form of a dry crack, and often looks like a deep cut made with a knife. The crack or fissure grows gradually deeper and dryer, and the flesh about it hardens, seeming as if the flesh and muscles and glands contiguous would ossify.

This cancer is found on the lips, ears and nose of both sexes, and on the womb of the female. It sometimes bleeds, is at first very uneasy and painful, and is extremely difficult of cure, owing to the fact that its character is generally mistaken, and it is tampered with by those who do not correctly understand its nature. If properly treated in season it may be readily removed.

*The Spider Cancer* very much resembles the spider in its form, from which it takes its name—having numerous prongs or legs running off in different directions. This cancer gives great uneasiness and sensitiveness to the nerves, with crawling and often stinging pains. It is usually about the face—on the temples or under the eyes, but sometimes appears very large on the breast of the female, and occasionally manifests itself on other parts of the body, both externally and internally.

The spider cancer is always known by its numerous little fangs, or limbs, which differ in color—white, pale or red. It seldom grows very large, unless it be cut into and divided with the instrument, when each fang will form a new cancer, and generally commence to eat and destroy the parts about it very fast.

Never disturb the spider cancer, unless you can kill it or destroy every little fiber



and take it out, root and branch. This can be done by a medicine which I have prepared, known as the Cancer Eradicator, and which never fails to cure effectually and lastingly.



NO. 26.—CANCER OF THE BREAST.

The above cut represents a cancer on the breast, where the poisonous humors of the blood have condensed and broke out in a loathsome, agonizing sore, emitting the most offensive effluvia, while all other parts of the surface remain fair and smooth.

The rose cancer should never be meddled with by any surgical operation. As soon as you are aware of its presence, take immediate steps for its eradication. I have often killed the rose cancer readily, when taking it in season; but I have remarked instances (where surgeons have endeavored to cut out the cancer,) where a cure was impossible. Cutting will never effect a cure; for the cause of the disease is in the blood, and the blood must be restored to its healthy state, before it will cease to show its impurities through the medium of the cancer. The disposition to cancers, which lies in the blood, must first be overcome, before an effectual cure can be obtained; therefore all surgical operations are useless for the cancer.

The Bone Cancer is known by its hard, bony and ossified appearance. It is usually on the under lip, or on the gums of the mouth. The bone cancer is surrounded by hard rings, is very painful, and emits a white, offensive smelling matter. It eats all the flesh where it goes, until it destroys the life of the sufferer. If a bone cancer gets far advanced, we can hardly hope for a cure of it; but if taken in its early stage, it may be readily overcome.

The Sleepy Cancer is a tumor giving but comparatively little inconvenience till it attains a large size, when it starts into a raging fury of pain, and emits a foul and putrid smell, offensive to the inmates of the house, and even to the neighbors. Often it will be smelt in the street when the afflicted person is passing. The invalid leads a miserable life, (often longing for death,) till finally he leaves the world in agony. I have a word to say to all people troubled with offensive cancers—that is, that I have a wash or ointment that will remove all offensive smell from these sores.

To cure the sleeping cancer, the blood must be purified, and the foundations of the disease be broken up. I am inclined to think this cancer is generally caused by scrofula, or venereal taint in the blood, and is a judgment sent on an individual or his offspring for violation of virtue with the prostitute, where the seeds of disease are sown in the blood.

*The Wolf Cancer* is perhaps the worst of the different kinds of this class of ulcers. From its *devouring* quality, it has taken the name of wolf, after the ferocious animal bearing that title. Often when as small as a pea it begins to consume its victim.

The wolf cancer is found on the nose, tongue, ears, around the eyes, on the larynx, womb, heart, liver, breast, in the stomach, and, in fact, may appear on any part of the body. It commences by eating away the flesh, and every thing it encounters; is cankered, and extremely painful. The afflicted person feels its devouring agony tormenting him like a hell upon earth.

When this cancer appears, immediate steps should be taken to eradicate the deadly virus from the blood; for the seeds of the cancer being in the blood, the cancerous disposition in the system can be removed only through that fluid. Never delay in this matter; for in numerous cases delay enables the cancer to progress to such a stage that it can no longer be brought under control. While I feel competent to cure any case of cancer in its earlier stage, and have effected cures in cases quite advanced, I am pained to say, that many of these distressing sores are rendered incurable by delay of the patient, and by improper treatment of physicians, surgical operations performed upon them, &c. Never submit to these, as you value your life. If you do, I can assure you it will, in most cases, be at the peril of your existence.

*The Black Scaly Cancer* is known by its dark or black dandruff or scale, which covers it over as it spreads. This cancer itches and stings, and affects the nerves with a sensation like that made by a fly crawling over the skin. When large, it breaks out in a foul black ulcer or sore. It arises from a poison in the blood, and can be cured only by purifying that fluid.

*The Bleeding Cancer* appears often in the form of a tumor. It is red, fiery and bleeding, and exceedingly painful and troublesome. They appear to be located by inflammations or bruises, while the blood is diseased or impure.

I am of opinion that cancerous and poisonous humors of the blood, tending to produce the class of sores I have spoken of above, are quite frequently the effects of prostitution, which would be escaped if the pure and virtuous natural course of early marriage was more generally pursued. To this suggestion I would invite your particular attention, as being a matter of no small moment in the consideration of health and happiness to the human family. And as a species of proof of this opinion, I will mention that it has been noticed by physicians that the different sexual organs of both sexes are much more frequently attacked by cancer than any other parts of the system. This fact is not lightly to be regarded, as showing conclusively a connection of some sort with the genital organs and this class of diseases.

Glandular, scrofulous, fungus, and stool tumors; moles, polypuses, and glandular swellings and cancers, appear in different shapes and forms. They are produced by bruises, obstructions, or poisons in the blood, scrofulous or venereal taint, suppressed menstruation, and other causes, *directly*; but the investigations of the ablest physicians of every age have shown that the fluid of life, which is the blood, is, either *directly* or *indirectly*, the source and support of them all, appear how or where they may. Thus, though a cancer may seem to have arisen from a bruise, it will be found that it must receive its support from a diseased blood. Had the blood been pure, the effects of the bruise had been soon extinguished, and nothing but the bruise itself would have resulted; but the blood being bad, its impurities determined at the bruised place, and developed themselves in the form of cancer, or other species of sore. Of

the truth of this theory there can be no reasonable doubt. Hippocrates, Galen, Crallius, Boerhave, Cullen, Lewis, Parr, Young, Adams, Hamilton, Hill, Parsons, Moseley, Bell, Monroe, and other eminent physicians, in every age since the first days of medicine, fully agree that derangement of and poisonous humors in the blood are the primary causes of all cancers and humors, and similar sores.



NO. 27.—CANCER ON THE FACE.

As seen in this cut, the poisonous humors of the blood conglomerate their deadly virus upon the face in the form of cancer, inducing the most intense and indescribable pains, as it spreads and deepens, and eats out the life of nerve and muscle, and ever the very bone beneath; never yielding its grasp for one moment, until it brings its victim down to dust, unless it is speedily mastered and perfectly eradicated.

Persons of both sexes are troubled with cancer, and in all stages of life; but ladies either shortly before or after the periods when menstruation is commenced and suspended, appear to be peculiarly liable

Marriage, and the production of offspring, generally operate to delay the appearance of cancer, if there be no venereal taint in the blood.

Celibacy, as well as the cessation of the menses, conduces to the production of cancers in women, and consequently elderly maiden ladies are more subject to them; next are those mothers who have not suckled their children; then follow women who are past child-bearing; and the last are those women who have borne children and suckled them with their milk.

The parts more generally affected by cancer are the breasts of females, the uterus, the testes, the glans penis, the tongue, the stomach, cheeks, lips, and angles of the eyes. A cancer of these parts is usually more dangerous than on other parts of the system.

In a depraved state of the fluids, chiefly of the blood, as we see manifested often, every organ of the body may suffer from cancer, if there has been a bruise of the part or other local cause, to induce a determination of the poisonous portion of the fluids to that part.

The progress of cancer is various: in some cases rapid, in others slow. In almost every stage, nature attempts relief, and granulations occasionally spring up, which give hopes of a cure. But unless nature be assisted by some means that will purify the blood of the matters that feed the sore, the hopes of the sufferer will be blasted; for in ninety-nine of an hundred cases the cancer will continue to grow; unless it be in those few instances where, the cancer being so situated that the *entire* of it can be cut out with the knife, or eat out with caustic, without producing death by the separation of blood vessels, a relief from the effects of that *particular cancer* may be obtained. But in these cases the virus which induced the cancer still remains in the blood, and on the very next occasion that offers it will seek another discharge in another sore.

You will see, therefore, the necessity, in obtaining an *effectual* cure of cancers, and sores of similar character, of operating upon the blood and other fluids, and ex-



pulling from them the morbid matter that has determined in a sore upon some part of the body, and which continues to feed it till the patient falls a victim to its devouring nature. To treat it as a matter entirely local will not answer; since it has its foundation in the deranged state of the life of the system: and though in rare cases you may be able to expunge the cancer by an operation, without danger to the patient, the cause will still remain—the disease will not be cured. It will be exactly like driving the rheumatism from the foot into the hand—the foot may be relieved, but the rheumatic pain is still in the system.

You will ask, then, is there no cure for cancer? My answer will be—there is, in all cases where it is taken in season, and injurious treatment has not been experienced. By purifying the blood by the use of the Cancer Eradicator, taken in connection with the Blood Renovator and the Anti-Bilious Pills, and using Castile Soap and water as a cleansing application, particularly if the cancer is ulcerated, many have succeeded in not only arresting these distressing ulcers, but have removed all disposition to further cancers from the system.

Although the medicines spoken of above are the best general remedies in cases of cancers, it sometimes occurs that they do not produce the desired effect, by reason of the cancer having obtained so firm a hold, or from other reasons. In the event of failure of these, no time should be lost in procuring an examination and receiving personal treatment, with a regular course of medicine, with special attendance.

### ERYSIPELAS.

THIS disease is of two kinds—the simple and the putrid—which are very different in their nature. Simple erysipelas usually affects the person with blotches or swellings, which have a stinging and smarting ache, usually appearing on the face and head. When this disease is determined to the brain it is generally fatal.

Putrid erysipelas attacks any part of the system, giving a purple color to the flesh, with appearance of mortification to the part, which soon follows if the progress of the disease is not checked. It induces great pain in the part attacked. It is caused by a stagnation of an impure blood in the part affected, which almost instantly induces mortification and decomposition.

For the putrid erysipelas, my German Ointment should be used, in connection with a little good brandy—the brandy to be taken internally and the ointment applied externally, upon the part affected. If brandy is not at hand, use hot ginger tea or “composition.” These never fail to equalize the circulation, relieve the patient from pain, and effect a cure, if the disease be taken in season.

For simple erysipelas, use the German Ointment and Blood Renovator.

### SALT RHEUM.

THIS may be known from its producing a dry, rough, fevery, and cracked state of the skin. When rubbed or irritated in any manner it bleeds, and the skin becomes thick, coarse, and very dry. It may be known from these appearances, and from not containing any watery substance. This disease appears most generally on the hands, hollows of the arms and legs, on the neck, or back, or about the seat.

The salt rheum, though usually thought difficult of cure, is easily eradicated by my medicines. I have cured cases where a pint of scales would be rubbed off from

the patient in a single night. It is very troublesome, and I need not urge those afflicted with it to seek relief at the earliest moment.

### SCROFULA SORES

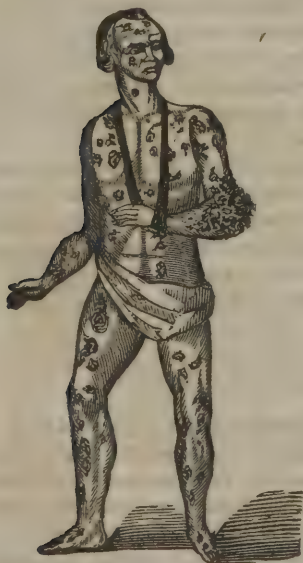
OFTEN appear very numerous upon the person, and over any part of the body. They are not usually very painful, except when about to suppurate. They discharge a great deal of white mucus or watery matter, which is quite offensive. The glands are white, clean and hard before the matter is discharged.

These scrofulous sores arise from *impurities of the blood*. The blood may be compared to the water used for the supply of a city, which is carried from one great reservoir through innumerable tubes to every part of the place, and the waste water by means of tubes is carried finally to the ocean, where it is purified, evaporated and again received into the river by means of rain. The HEART is the great reservoir, the AORTA the main tube leading from the heart. Branches from the aorta spread through every part of the body, constantly growing smaller, until they are so fine that the finest needle cannot be introduced into the flesh without wounding some of them. If the blood is pure, and no injury affects the circulating organs, all flows merrily as a marriage bell; but if the BLOOD is impure, the lungs themselves lose their tone; and even if permitted to expand freely, have not power fully to change in inspiration the impure quality of the blood. This dark, sluggish fluid also passes to the skin, the health and beauty of which require well-purified blood. This not existing, the surface becomes covered with pimples and blotches, and the individual suffers from humors, as they are called. This impure blood is

sent to the brain. If this important organ be stimulated by impure blood, the nervous headache, bilious headache, and all kinds of aches, confusion of ideas, loss of memory, impaired intellect, dimness of vision, and dullness of hearing, will be experienced. Often, in process of time, the brain becomes disorganized, and the brittle thread of life is broken, or at all events ends in SCROFULA, as the annexed cut illustrates.

Persons troubled in this manner, if not being under personal treatment, should use the Blood Renovator and Anti-bilious Pills internally, and cleanse the sores with Castile Soap and water once or twice a day, after which apply my German Ointment—keeping it well bathed on till the sores heal.

Reason harmonizes with the voice of Physiology on this subject, and both proclaim the dreadful and alarming effects upon life and health caused by impurities in the blood. Shall we not heed their warning voice?



No. 28.—THE SCROFULOUS ALL OVER.

It is impossible for mankind to feel too deeply in view of these impending evils, from which nearly all are more or less affected.

Many, as illustrated by the foregoing, where the blood has become extensively charged with poisonous humors, break out all over with sores and running ulcers, ruining the health, destroying their beauty, and making them objects of pity and loathing to their friends and their fellow-men. Unless such obtain speedy relief, death must inevitably terminate their sufferings.

In other cases, these poisonous humors, as seen in this cut, take a downward turn, polluting and deranging all the internal organs which lie in their course, and finally settle in one of the legs, causing it to swell enormously, and to break out in painful sores.

Many, very many, elderly men, who have been in the habit of using ardent spirits freely, are thus afflicted; and, still, not a few of them are wholly insensible to the *cause* of their trouble, and drink on, unconscious that they have brought this evil upon themselves.



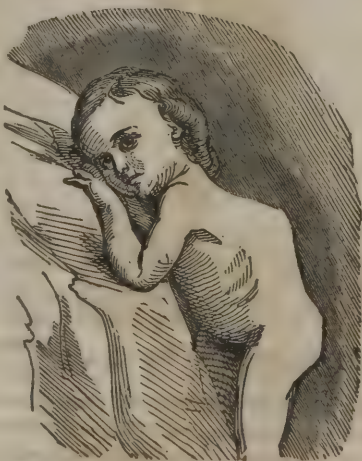
No. 29.—THE SWELLED LEG.

They apply to the doctor for remedies, and wonder that they experience no relief; but unless they will cease to drink, while they attempt to purify their blood, their case is hopeless.

Swollen and ulcerated legs are by no means invariably the result of the poisonous influence of ardent spirits. They may, and frequently do, proceed from other and more innocent causes; but *always* from a diseased state of the blood.

For the swelled leg the same treatment should be used as prescribed for the "Scrofulous all over."

Again, as seen in this cut, these poisonous impurities, by destroying the strength of all the bands and props that bind and sustain the several parts in their proper places, and concentrating their power upon the vertebral column, induce—especially in young children, whose bones and muscles are tender—spinal weakness and deformities, of the most painful description.



No. 30.—CROOKED BOY.



Such examples are not rare, and many have fallen under our own observation and medical treatment. Among others, we would mention the case of a little boy, in Willimantic, Ct., who had been so affected with scrofula and spinal affection, that for three years he had been unable to walk, and had become badly deformed.



No. 31.—STRAIGHTENED BOY.

Such humors can easily be removed by proper remedies applied in season. They are more inconvenient than dangerous.



No. 32.—TUMOR ON THE NECK.

once makes its appearance, it never goes away spontaneously, but if not cured, continues increasing in size as long as the person lives.

Goitres are often twice the size that persons not familiar with them would suppose from their external appearance, as they run under and are firmly bound down by the muscles on each side of the neck, so that they become imbedded in the cellular

In less than three months from the time he was placed under our care, we had the pleasure of curing up the little fellow, so that his deformity is all removed, and he can now run and caper as well as any child.

This cut, compared with the preceding one, which represents him as he was when I was first called to visit him, is a fair and truthful illustration of his present appearance.

For the cure of spinal curvature, as illustrated here, use the Blood Renovator, German Ointment, Anti-Bilious Pills, and a well-adjusted Shoulder-brace.

In the following cut, these baneful and poisonous humors conglomerate upon the throat, inducing much enlargement of the lower part, and subjecting the unfortunate individual to great inconvenience and mortification.

Sometimes these humors produce what is known as goitre, or Derbyshire neck, a tumor or enlargement which commences upon the outside of the bronchia (windpipe) and between it and the skin, and gradually increases both outward and laterally until it fills the entire space between the chin and the top of the breast-bone, and spreads around the neck from one ear to the other, and frequently protrudes out some distance beyond the chin, producing most awful deformity, and very greatly impeding respiration and the powers of deglutition, besides which, from its great pressure on the blood-vessels running to and from the head, there is a constant liability to an engorgement of blood in the brain, and of apoplexy, paralysis, epilepsy, &c. When goitre

substance underneath, while the sides of the neck retain to a considerable extent their round and even appearance, whereby the real magnitude of the tumor is not apparent.

For tumors and goitres, use the Blood Renovator and Anti-Bilious Pills internally, and the German Ointment externally.

The usual appearance of goitre may be seen in the figure below.

King's Evil is that form of scrofula which chiefly makes its attacks upon the glands in the neck, behind the ears and under the chin. It consists at first of hard, indolent tumors, which after a time suppurate and degenerate into ulcers, from which instead of pus, a white curdled matter, somewhat resembling the coagulum of milk, is discharged. In ancient times, when the world was shrouded in mental darkness and superstition universally prevailed, and the "Divine right of kings" was acknowledged, it was believed that only by laying on the hands of royalty could this disease be removed; and hence the name "King's Evil."

The practice of submitting patients afflicted with king's evil to the royal touch, was very common in England. From a register kept in the royal chapel, it is shown that Charles II. touched 92,107 cases, with the most satisfactory and successful results.

The glandular system appears to be almost entirely the seat of the disease; and in nearly every instance it is located in the conglobate glands of the neck. The disease generally makes its appearance between the third and seventh year of the child's age, but it may arise at any period of life.

This cut gives a representation of a case of king's evil cured by the use of my Blood Renovator, Anti-Bilious Pills and German Ointment.

For the king's evil, use the Blood Renovator and Anti-Bilious Pills; wash the sore with water and Castile soap two or three times a-day, and apply the German Ointment.

In other instances, the impurities of the blood produce that common disease known as spinal curvature. Locating in the spine of the back, they weaken and destroy the vigor of that part of the system, so that it curves about in different directions, distorting the whole and rendering the patient unfit for any duty of life. The variety in the form of these curvatures is almost as great as the number of cases themselves.

The following cut is a representation of a spinal curvature of a daughter of Mr Luman A. Atkins, of Meriden, Ct., which I had the pleasure of curing.

The accompanying cuts have been introduced as illustrations of the terrible effects of all poisonous humors in the blood. They show a few of the many thousand ways and forms by which these poisonous humors afflict and injure the children of men.



NO. 33.—GOITRE ON THE NECK.



NO. 34.—CASE OF KING'S EVIL.



No. 35.—SPINAL CURVATURE.

They are also designed to speak with trumpet-voice to all who are, in any degree or form, afflicted with the scrofula, erysipelas, ulcers, or any cutaneous eruption whatever, not to neglect to give their immediate attention to purifying and cleansing their blood; otherwise, though they may apply ever so many *external* remedies, they can never be healed.

Revelation first announced to the world that the life-giving principle of the flesh is in the blood, in the rebuke which God gave to Cain for the murder of his brother Abel. "And the Lord said unto Cain, what hast thou done? the voice of thy brother's *blood* crieth unto me from the ground, which hath opened her mouth to receive thy brother's blood from thy hand."

Here the death of Abel is ascribed to the shedding of his blood; but if the life-giving principle had not been in his blood, the shedding of his blood could not have caused the destruction of his life. But this great truth does not rest on mere inferential authority.

We have the most explicit and unequivocal

scriptural declarations that "the life of the flesh is in the blood," and "is the blood."

God, by the mouth of Moses, thus speaks to the children of Israel: "For the life of the flesh is in the blood: it is the life of all flesh; the blood is for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh: for the life of all flesh is in the blood thereof."

Reader, if you wish the blooming goddess of health to inhabit your frame, apply at once to one who has studied in the great volume of nature, and who, by the aid of science and investigation, has prepared from the vast store-houses of the vegetable kingdom, upon a basis as fixed and eternal as the everlasting hills, the medicines which will purify your blood, improve your appearance, and strengthen your constitution, so that the delights of happiness and long life shall be before you, and invite you to the gaieties and pleasures of the world.

In case of spinal curvature, use the Blood Renovator and Anti-Bilious Pills; apply the German Ointment, and use a well-adjusted Shoulder-brace.

#### ST. ANTHONY'S FIRE

DIFFERS from real scrofula in being more irritable and fiery. It is very painful, and accompanied with swelling.

It appears in various parts of the body, more especially about the ears, eyes and extremities, and attacks persons of gross habits. It proceeds from morbid or acrid secretions retained in the system.



In this disease there is constitutional disturbance, more or less fever, and the secretions disordered. There is a shining redness and swelling of the parts affected, accompanied with very distressing irritation; the inflamed parts have acute pain on pressure. Frequently serous or watery effusion takes place from the inflamed surface, elevating the skin into vesicles like those produced by blisters. Ulceration sometimes follows, and becomes very distressing; red, deep-seated ulcers being formed, particularly on the legs.

This disease, though much dreaded, I have found not difficult of cure. Generally my circulating medicines will not only heal up the sores but eradicate the evil from the system, so that the patient will not be again troubled; but where these fail, a full and thorough course of medicine, according to directions, will restore the sufferer to health.

### THE MERCURIAL SORE OR HUMOR

Is a very fiery, red pimple, or spot, similar to the salt rheum, while on the skin. But if much mercury has been taken into the system, pain is felt in the bones before storms. Often it settles in some bone and entirely consumes it. It always causes great difficulties with the teeth and gums.

### SCALD HEAD

Is a species of venery, sometimes transmitted to the child, at others inoculated by the use of combs and brushes that have been used by persons troubled with the disease. Itch, when protracted, more nearly resembles scald head than does any other complaint.

Never comb the head of your child with a comb used by other persons, and see that the nurse does not do it. In fact, no comb or brush should be used but by one person, and then should be occasionally washed.



NO. 36 CASE OF SCALD HEAD.

### ITCH

Is of two kinds—the simple and secondary, the last often bearing the name of scrofula. The simple itch consists of a number of little fiery pimples, usually first appearing between the fingers. When squeezed, the pimples discharge a clear, watery secretion. When the disease is not checked it appears in the same form over the whole body, running together in larger bodies or blisters, and is attended with great irritation and itching.

*The Egyptian, or Seven Year Itch*, afflicts the fingers and thickens and destroys the life of the nails, both on the fingers and toes. Itch of either kind, when suffered to remain in the system, becomes secondary in the blood, and breaks out

in large blisters on every part of the body, subject to irritation. When pressed, the blister ejects a white, watery matter. A dry, white scab is sometimes found over it. Itch is often a cause of lung consumption. Also, it causes the neck, ears, and various parts of the head to become very raw and sore, and is sometimes attended with a loss of the hair, the same as the scald head.

#### BARBER'S ITCH

Is a species of venereal humor, contracted by the use of combs, brushes and shaving utensils that have been employed about other persons, who have left upon them the infectious virus to be inoculated by touch, or taken up by the absorbents of the skin. It is exceedingly troublesome and painful, especially where there is a thick, harsh beard.

The same humor or poison will destroy the lids of the eyes and the muscles of the nose, when very powerful.

For the common itch, Egyptian and barber's itch, and scald head, use the Blood Renovator and Anti-Bilious Pills internally; wash with Castile soap two or three times a day, and then use the German Ointment. For the barber's itch, the beard must be soaked soft and kept shaved as close as possible.

#### SYPHILITIC HUMOR OR LUES VENEREA.

THIS disease was first made distinct mention of in 1494, at Naples. Dr. Cullen gave it the name of syphilis. Hock de Brakenaw, Cataneus, De Vigo, Pinto, (a Spanish physician,) and others, agree in 1494 being the first known time of its appearance.

The disease was contracted by the prostitution carried on among the soldiery, and was carried into Spain, Italy, France and England, thence by emigration to America, and finally spread a horrible distemper over the face of the whole world, contaminating the purest blood, entering alike the hovel of the peasant and the palace of the prince. Of its origin in prostitution there can be but little doubt; and it is through this channel that it continues still to affect the human race.

This curse of prostitution should find its end—it should be stopped, especially in those countries boasting of refinement in civilization. Marriage should be instituted at an earlier age than is now common, as a salutary measure to check the flood of prostitution. If there be no other way to stop the progress of this foul practice, a heavy fine and imprisonment should be levied on all who communicate the venereal disease, or who persist in leading the life of the harlot while in a diseased state. That prostitution and the diseases growing from it are the cause, either directly or indirectly, of a very large amount of the mortality of almost all countries, is my candid opinion, derived from observation and treatment of various complaints by which both sexes are affected. It rapidly spreads degeneration, consumption, and other evils, and sows the seeds of decay and death in the systems of millions.

Prostitution is morally, physically, intellectually and religiously wrong—wrong in every way. When the diseased—those afflicted with the worst of all God's plagues—are suffered to carry on their loathsome trade and propagate distemper

without regard to law or justice, wherein is the safety of the purest of mortals from hereditary disease?—where security for the child unborn?—where peace to the families of a land? It is a shame to us that we sneer at the ignorance of passion, and blush to warn our children of the death that awaits them at the threshold of prostitution.

In New York and vicinity there are to-day 50,000 prostitutes, who carry on their business under the eyes of our legislators and officers of justice—the wives, daughters, sisters and widows of the most respectable people, of correct and religious habits. More than 200,000 courtezans are now sowing the seeds of venereal diseases in almost every place of size in the United States! Throughout the world there are 2,000,000 prostitutes scattering the deadly poisons of their trade.

As a physician, ardently desiring the health and happiness of the present and coming generations, I would seriously ask, if the propagation of venereal diseases should not be made punishable by fines and imprisonments, as a means to save the virtue and the purity of the people, and check the inducing of consumption and death? Unless this be done, we may doubt if it will ever be suppressed.

Prostitution is by no means necessary to a gratification of the natural passions; for God has appointed a wonderful equality of the sexes, and instituted the divine law of marriage, so that each and every person may have his or her partner in love, and live in purity and virtue, and the diseases of venery never be contracted. And the health of all, the world over, depends in no small degree upon obedience to and conformity with the requirements of this institution.

As a warning to those young ladies who would trust themselves in the thorny paths of prostitution, where all the virtuous feelings of the woman are swallowed up in debauchery and lust, where there is no real love or friendship, where the most dreadful diseases await their every step, and perdition of soul is their certain reward, let me speak to you of the sudden and untimely death that comes to ninety and nine of the hundred who launch themselves upon this troubled sea. By the most carefully prepared statistics of the abandoned women in large cities, it has been shown that the average of life among courtezans after embracing that business is only about *six years*. Six years of a most miserable existence—a foretaste of the horrors of hell—and the diseased body finds its way in a rough board coffin to some Potter's Field, and the polluted soul its reward in the punishments laid up for those who disobey the laws of Nature and of Nature's God.

In a work intended for general family use, I cannot give full descriptions of syphilis and other venereal diseases. I speak of them to warn you against their deadly poisons, and to keep you from the fatal consequences that attend their presence in the human system.

### PIMPLES OF YOUTH.

THESE are caused by the pores of the body becoming stopped up, whereby the natural waste or decomposition is prevented from passing off; and, being retained under the skin, it breaks out often in the form of pimples, either having a white matter secretion, or presenting a hard, knotty texture without any secreted matter.



## STYES AND COLD SORES,

**EITHER** on the lips or eyelids, also arise from a suppression of the natural decomposition, which induces blisters or festers. Biles, carbuncles, and other excrescences of like character, arise from impurities of the blood, caused by some obstruction to the outlets of the waste matter of the body.

In all cases of humors, the blood is the only thing that will need to be purified. For that purpose, the Blood Renovator and the Anti-Bilious Pills used internally, and the German Ointment applied externally, are superior medicines, and effect a speedy cure. Also they will be found efficacious in most of the diseases mentioned just previous to this.

## LEPROSY.

**THIS** disease is of two kinds—the white and red. The white leprosy is a foul cutaneous disease, appearing in dry, white, thin scurvy or scabs, attended with violent itching. The white patch is of the color of milk, and spreads all over the face, hands or body, turning both skin and hair the same color.

*Red Leprosy* gives a reddish, shiny patch or elevation. A thin, white scale is formed on it, which quickly flattens, while the base enlarges. The separate patches preserve their round and red appearance, with a wrinkled state of the skin. When the scales drop off, they are renewed again. This disease is very troublesome, especially at night, when in bed. I have cured persons of the red leprosy who have frequently taken a pint of scales from the sheets after a night's torture.

Leprous humors very frequently terminate in consumption,—the humor locating on the lungs, liver, or other vital organs.

Leprosy is a chronic disease; in warm climates infectious, but not evidently so in cold countries; though its infectious nature was formerly suspected, and the unhappy victims separated in distinct establishments from the rest of mankind. It does not seem to affect the general health of the person.

Without assistance nature will not give a relief in this disease. The signs of amendment in it are the diminution of the ridge around the patch, and the scales not reproduced when rubbed off.

We find often mention made in the Scriptures of the disease of leprosy, and it appears to have been regarded among the Jews with a peculiar horror. They considered it incurable; and it has been generally so regarded in the East, where it now exists in much more numerous instances than with us. The Mosaic law gave no direction for the cure of this disease, but only to prevent its spread; and to this end lepers were obliged to wear a peculiar dress, and dwell apart from those not troubled with the distemper. The same custom prevails with regard to this disease at the present day in many of the northern countries of Africa, where it is very prevalent.

The leprosy was formerly quite prevalent in many northern countries, as the numerous hospitals for lepers in Europe attests. But at the present day it appears only in rare cases, and does not seem to assume that horrible and fatal form which formerly accompanied it.

Of the nature of this disorder, as it has sometimes appeared, we may gain an idea from the account given of it by Peyssonnel, who was sent in 1756 to the island of Guadeloupe, (where it then prevailed,) by the French government, to investigate the complaint.

"The commencement of the leprosy," he says, "is imperceptible. It increases imperceptibly, and continues for some years to be more and more manifest. The spots, at first small, become larger, and spread indiscriminately over the whole body; when the disease increases, the upper part of the nose swells, the nostrils distend, and the nose itself becomes soft. Swellings appear on the jaw bones, the eyebrows are elevated, the ears grow thick, the ends of the fingers, as well as the feet and toes, swell; the nails grow scaly; the joints on the hands and feet separate and die off; on the palms of the hands and soles of the feet there are deep, dry ulcers, which rapidly increase, and then vanish again. In short, when the disease reaches its last stage, the patient becomes horrible, *and falls to pieces*."

"All these circumstances come on very slowly, for many years are often required before they all occur; the patient has no severe pain, but he feels a kind of numbness in his hands and feet. These persons are not hindered, during the time, in any of the functions of nature; they eat and drink as usual, and even when some of their fingers and toes die off, the loss of the member is the only consequence, for the wound heals of itself, without attention or medicine. But when people reach this last period of the disease, they are horribly disfigured, and most worthy of pity."

#### RING WORM

Is an eruption on the skin in small vesicles, with a reddish base, and forming rings, whose area is red and scaly. The disease is a species of leprosy. The prognostic of death, from its surrounding the body, is false, the malignity of the disease affording the only ground of fear.

Individuals at all ages are afflicted with ring worm; but there is a chronic kind peculiar to old people, troublesome from the itching it excites, and sometimes dangerous. But it can be readily cured by the German Ointment, Anti-Bilious Pills, and Blood Renovator, used according to directions.

#### MILK LEG

Is a disease peculiar to mothers, and often appears after confinement, taking cold, suppression of the milk, or local discharges. The whole system is sometimes affected, there being a derangement of the blood and secretions. The limbs, one or both, swell, appear glassy, and are very painful; are stiff, heavy, and irritated by motion; are tender, have inflammation, and break out in deep, foul ulcerations.

Milk sickness is usually preceded by chill and fever. The milk leg is difficult to cure in fleshy ladies, although perfectly curable when rightly treated. The Anti-Bilious Pills, Blood Renovator, and German Ointment, in almost every case effect a cure. While being used a wrapper of oil silk should be put about the limb at the sore, and it should be frequently washed with Castile soap and water.

### FEVER SORE

Is a false name given to a sore that affects the limbs or other parts of the body,—thus called to hide the evils of mercury, which has settled in the affected part after a severe dosing with this mineral poison in some previous fever. Persons having had a run of fever, they are filled with mercury, and a fever sore attacks the bone, and causes it to become spongy and soft like the honeycomb. To effect a cure of this, we must rid the system of mercury by the use of blood-renovating medicines, in connection with external applications and cleanliness. Use the Blood Renovator, Anti-Bilious Pills, and German Ointment, and cleanse with Castile soap and water, which usually effect a speedy cure, giving great ease, and comfort, and sleep.

### SYPHILITIC SORES

ARE caused by a secondary venereal poison in the blood. The disease, although driven from the genital organs, is left in the blood, and breaks out in the most loathsome and disagreeable sores, on the limbs, feet, nose, larynx, and other parts.

Syphilitic humors are communicated from the blood to wives and children, thus making innocence and purity their victims, and contaminating the whole race of a family. It is a disease of prostitution, and is most generally contracted by the husband in his deviations from virtue, and by him transmitted to the wife, and handed down to future generations as a curse for the violation of virtue. The humor is often taken by a wife, if her husband has been imprudent; and though he may escape the foul sores of the disease, they will attack the woman with violence, the same as if originally contracted by her.

Diseases of this nature are very frequent among the prostitutes, and among the men who visit them, and are communicated from one sex to the other in about equal ratio; but when they appear in married persons, they are most generally introduced by the male, allured from the paths of virtue by the harlot.

The Blood Renovator, Anti-Bilious Pills, and German Ointment, used according to directions, will give great ease in cases of secondary syphilitic sores, and sometimes entirely cure them. But there are many cases where a thorough course of medicine must be given to entirely eradicate the poison from the blood and system. There are thousands of both sexes dying annually of syphilitic consumption of the vital organs, who should have had particular treatment.

I claim no particular skill in the treatment of syphilitic diseases, nor want the credit of prescribing for them; but I am often compelled to prescribe medicines to eradicate the poison in the secondary form from the system, before consumption can be cured. If I did not do this, the patient would soon find an untimely grave. I have found that syphilitic quack doctors, in nine cases out of ten, give remedies which send the disease into the blood, while they pretend to have effected a cure. In this condition, the physician who prescribes for consumption has a double task before him. The quack medicines of the ignorant pretender having driven the poisonous virus into the blood, the man of skill, (who is generally resorted to only in the last stage,) finds that the lungs, liver, heart, throat, nose, or kidneys, have become affected with ulcers, and he is obliged to first eradicate the poison from the system, and then cure the consumption.

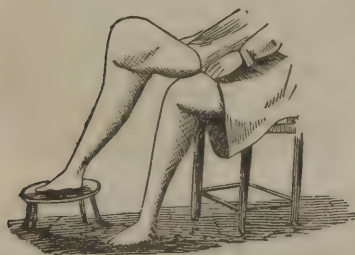


I do not desire the treatment of these cases; but for the benefit of those innocent persons who have been afflicted by the sins of others, I would say that I have never known of a case of these complaints that I could not cure while it remained in the curable stage, either when affecting the genital organs, or having developed itself through the blood in consumption of other organs; and cure it, not for the time being only, but eradicate every vestige of the poison from the system. I have never failed in detecting the presence of syphilitic humors in the blood, when they have existed; and this is one reason why I have had such remarkable success in the cure of consumption and other diseases having their origin in this source. In truth, I have cured many cases of consumption induced by syphilitic poisons, without informing the patients that I was acquainted with the origin of the disease, and sometimes when they did not themselves suspect its true source.

### FROST BURNS,

On frosted sore feet or hands, however painful, may be cured by bathing the German Ointment on them before a fire, and letting it thoroughly strike in. I have used this remedy with unvarying success.

### WHITE SWELLING,



No. 37.—WHITE SWELLING.

Or calculeous humors, which may appear upon any part of the system, but most generally attack the joints, are caused by sprains, sedentary habits, or diseased blood. Gouty joints are more or less subject to obstinate white swellings. I have cured a great many cases of gout and white swelling of the joints and limbs.

White swellings are exceedingly painful. The skin about them is white, the joint swells, a white, watery fluid gathers at the place, the limb wastes

away, the cords contract, a sore breaks out, and the sufferer, but a little while before active and strong, is transformed into a helpless cripple. Often hectic fever is induced; the patient becomes thin and pale, and debility and consumption end his career.

The white swelling is perfectly curable. No person need die from its effects, unless he fall into the hands of an unskillful physician. The thorough cleansing of the blood, with the proper external applications, will produce a cure. The German Ointment, Blood Renovator and Anti-Bilious Pills are usually all that is needed. They rarely fail of effecting a cure. Should they not eradicate the sore, call on me, and I will give you special medicines to produce a cure.

## ONANISM OR MASTURBATION.

**SELF-POLLUTION** is known and treated of under various appellations—*Onanism*, *Masturbation*, *Solitary Vice*, etc. It is the practice of having resort to artificial means of friction to induce a discharge of the semen or seed, and is indulged in by countless thousands of both sexes.

The semen cannot be emitted, from either sex, except by artificial friction of the procreative organs, a concentration of the mind upon subjects of an amatory character, (as is often the case in dreams,) or by animal magnetic heat through the connection of the sexes. Sexual intercourse, then, is magnetic, and produces an electric emission. When the semen, with the animal electricity it contains, is thrown off, the passion of the genital organs is appeased, and the male organ loses its electricity, and its erection subsides; the same as the feathers of a quill which have been charged with electricity, will fall down when the electricity is removed from them.

God has wisely ordained, for the propagation of the human species, the power of cohabitation of the sexes; that nothing but sexual intercourse in the good old way should be productive of offspring; and the emissions of the secretion for the propagation of the race by any other than the natural means, should be attended with the punishments of ill-health, unhappiness, and short life. The covenant of the Lord with Abraham, enjoining the circumcision of all the males (which is to cut off the foreskin of the penis,) was made in part at least to prevent the evil of masturbation and induce marriage, whereby sexual bliss might be better enjoyed. [See *Circumcision*.] God knew, as does man, that masturbation detracts from the enjoyment of nuptial life, and tends to lessen the love for the other sex in the holy state of wedlock. Gen. xvii. 9 to 12.—“And God said unto Abraham, Thou shalt keep my covenant therefore, thou, and thy seed after thee, in their generations. This is my covenant, which ye shall keep, between me and you and thy seed after thee; every man child among you shall be circumcised. And ye shall circumcise the flesh of your foreskin; and it shall be a token of the covenant betwixt me and you.”

The institution of circumcision was not merely for a token that the Jews were the children of the Lord in heart, and to mark the chosen people of God, but was intended to prevent the evil of masturbation, out of which flowed the grievous causes of disease, short life and hereditary defects of offspring; and to have the species perpetuated in health, strength, and activity—bodily and mentally. To cut the foreskin from the penis prevented artificial friction and emission of the semen unnaturally; consequently, the Jews circumcised the males, sought early marriage, gratified the sexual passion after the manner prescribed by nature, produced offspring, and raised up children strong and healthy—an honor to God in mind and body.

God has declared children to be his heritage and the fruit of the womb his reward. Psalm cxxvii. 3. God cursed and slew Onan, for spilling his seed upon the ground. Gen. xxxviii. 9, 10. God knew, and so do masturbating men and girls, that the desire for marriage is greatly lessened, even to utter abhorrence, by the evil practice of masturbation. But not so with the male or female unpolluted by this secret vice

The sexes are to each other as magnets, whose greatest happiness is comparative misery, until joined in sexual love. A woman can never be satisfied with a man who has no electric semen pass to electrify her; nor can a man be satisfied, either by masturbation or with the other sex, unless he has an electric emission of the semen.

God has wisely instituted a practice of circumcision, which, if carried out at this day, as in scripture times of old, would forever banish the curse of masturbation; and I have no hesitation in saying that masturbation can never be suppressed, except by early marriage or circumcision of the male children. God disowns the masturbator as his own image, evidently, by the destruction of his health, intellect, and powers of both body and mind. As God marked Cain for disobedience, so has he marked the masturbator, male and female. The female masturbator is branded by scripture as a harlot, because she loseth her virginity, substituting artificial for sexual gratification, doubtless to avoid the sorrows of child-birth, which is her punishment for partaking of the forbidden fruit. Gen. iii. 16.

God slew Onan because of his spilling his seed upon the ground; he yielded no seed to God; and for the same reason the harlot was burned to death—she yielding no fruit from the womb, which equally displeased the Lord; for the fruit of the womb is the Lord's reward. If man and woman disobey the laws of God and bear no fruit, He causes them to be hewn down like the barren fig-tree.—Matt. vii. 19; Luke iii. 9.

The practice of masturbation is a violation of the laws of nature, in the face of common sense and reason; it is a sin against body and mind; and is punished by severe afflictions—general debility, dyspepsia, loss of appetite, leucorrhœa, falling of the womb, insanity, idiocy, consumption, and finally death, and that, too, of the most awful kind. Early marriage is the great preventive for this sin—it is the healing balm; as has been admitted by the most eminent physicians of every age of the world.

The sexual passion is holy; it was ordained of, and established by God, for the happiness of man and perpetuation of the species created in His image. It is a rich blessing—a noble gift of power to man to propagate the image of himself and his Maker, bestowed by the wise Creator and Father of all; and while God has instituted the natural means of its rational gratification by creating an equality of numbers of males and females, it should not be abused by either sex, either by artificially procured emissions, or by futile attempts to utterly suppress its workings. To marry, multiply and replenish the earth, was the command of God; and how but by the right gratification of the sexual appetite can this command be obeyed?

A great cause of self-abuse lies in the delaying of marriage. In nine of ten cases, the parents are more to blame in this matter than the son or daughter. By being kept in celibacy by persuasion or force, the young man or woman is induced by the strength of passion to give up to self-pollution, and thus is sown the seeds of death in the system. The doctrine that the sexual passion, heated, raging and exciting as it often is, can be suppressed and kept under by education, is false and pernicious: unless that education is to furnish the desire through the medium of marriage. If amateness is not gratified in the right and natural way, it will, in nine of every ten individuals, find vent through the channel of self-pollution.

To put off marriage and then attempt to control amateness, in either man or woman, from the age of 15 to 25—through ten years of life when the genital or-



gans are more active and more easily excited than at any other time, while love is pure and sensibility strong, while the mind is inexperienced, and prostitutes and self-pollution open doors for the raging of passion to escape through, is worse than folly or madness. Tell the hurricane to suppress its wrath before its fury is appeased! Say to the thunderbolt to cease while the cloud is yet filled with electricity! Tell hunger to be quenched without food, and drought without water! As well expect that they will obey you, as that the passion of amateness will be silent while unappeased and constantly provoked to activity. God instructed that the lightning should be attracted by some magnet; why not seek to punish it when the tree is blasted by its touch? He intended that the hungry man should partake of food; why not punish him for eating when he has been starving? And if not so, then why, when God has created in men and women a desire for each other, be surprised that, where marriage is delayed, there are rapes, prostitution, stolen intercourse of the young, and masturbation? In the lightning seeking a magnet, in the hungry man desiring food, and the thirsty water, we see a beautiful law of nature illustrated. Each principle in nature seeks its own magnet. In the amative passion seeking gratification in sexual connection we behold a beautiful illustration of this law; and were not obstacles to this presented, prostitution and masturbation would be annihilated. These monster evils have their *foundation* in the obstacles which the customs of society lay in the way of the natural and right gratification of amateness through the divine institution of marriage. I would appeal to the candor and good sense of all, and ask, if the passions of men and women, created by God, are raging to madness, whether it would not be wise and well that marriage at an early age should be inculcated and practiced?

The evils of masturbation are manifold to both sexes. Its practice exhausts the activity of the body, enfeebles the whole system, deteriorates the power of the genital organs, impairs the digestion and circulation, deranges the brain and nervous system, engenders in the mind depravity of various kinds, prevents offspring in some cases, and makes them feeble and infirm in others; it lessens the woman in the esteem of the man, and the man in the esteem of the woman. It is *death*, morally and physically.

The practice of masturbation is clung to with tenacity by many, because of the evanescent and fleeting animal pleasure derived therefrom. These should not forget the truthfulness of the sentence, "There is a couch which invites to repose, *but to slumber upon it is death.*" The misguided victim of his own folly may experience in the act of masturbation a sensation of gratification entirely and solely animal, and may, therefore, continue the practice; but I will warn him that his road of pleasure is the road of insanity, disease and death; and if he flee not the enticing path, the vengeance of retribution will be upon his head.

Masturbation, as a fruitful cause of insanity, deserves especial attention. Out of 816 cases of insanity in the New York State Lunatic Asylum, at Utica, there were 107 masturbators!! This fact may seem startling; but it is nevertheless true that the reports of other lunatic asylums show about the same per centage of masturbators, brought to insanity by indulgence in this habit.

This practice is often freely confessed and vigorously resisted. In the male sex the habit is not difficult of detection by the appearance; in the female it is more successfully concealed. The shy, timid, downcast countenance, combined with a debilitated physique, with relaxed tissues, and varicose veins, arouses suspicions of

**masturbation.** In some females the effect is the development of the cellular and adipose tissues, and gay, voluptuous manners; in others debility and emaciation.

It is often the case that parents and friends do not suspect the habit of masturbation to exist, and attribute the debility or insanity to some other cause. Frequently it is believed that religious anxiety has produced insanity, when the cause was self-pollution, because the first evidence of derangement noticed was an extraordinary anxiety about salvation, inordinate fear of future punishment, much reading of the Bible, relating "experiences," and going to great lengths in religious meetings, and such like acts. But careful watching of such persons almost invariably proves them to have been masturbators for years; and this was the cause of the phenomena presented in them of "religious anxiety." The system and the mind being debilitated by self-pollution, are unable to bear up under a season of religious feeling; and the mind being conscious of sin in the act of masturbation, is convulsed, and its equilibrium overthrown. Hence it is not the religious excitement, but the masturbation, that has caused insanity. In the same state of the system, any other kind of excitement might have developed mental derangement. [For an excellent way for the suppression of this habit, in both children and adults, see under the head of *Cauterization*.]

Opposite the readers will find the portraits of a male and female masturbator, with their child. They can here behold a representation of the outward effects often produced upon the system by a disobedience of those divine and natural laws which point to marriage as the true state of existence for the enjoyment of health and happiness; and from looking thereon they may be led to flee from transgression to the teachings of nature, and save themselves and their offspring from the sad effects of this pernicious practice. The reader can contrast this representation with that given in cut No. 9, of the early married couple, who chose obedience to natural laws, instead of secret, solitary sin, until the constitution was broken down and disease entailed upon the offspring.

I am ever ready and willing to do my utmost in restoring to health all who have fallen into pain and sickness through an ignorant indulgence in self-pollution. But medicines, though valuable aids in restoring health to the system, can never touch the cause of the diseases induced by this practice; and while this continues, the disease may increase, in spite of all the medicines that can be given. To reach the *foundation* in all complaints arising out of the habit I have treated of above, indulgence in the enjoyments of wedded life must be had recourse to. This done, the system may be and is materially aided to health and strength by medical remedies, and not only the practice itself, but the evils arising from it, are often annihilated.

Commit no sin against your own bodies. Encourage pure, refined love; marry the idol of your heart; love and respect each other; and health, happiness, and good old age will be your reward upon earth, and your children will rise up and call you blessed.

*Involuntary Seminal Emissions.*—Immediately preceding, I have spoken of the evil of self-abuse, and many of the results to which it finally leads. I propose here to say somewhat upon an *effect* of self-abuse, which in itself becomes a cause of serious evils.

In almost all cases where self-abuse is for a long time practised, the brain becomes afflicted with a morbid passion, the sexual organs become easily excitable, the



No. 38.—THE ONANISTS AND THEIR CHILD.

"The sins of our transgressions justly afflict us."

"Neither can a corrupt tree bring forth good fruit."—Matt. vii. 18.

powers of the entire body become weakened, and then ensues involuntary seminal emissions, at any hour or time, sleeping or awake. The effects of this are most horrible upon the person. Consumption, insanity, or a total loss of all sexual power—one or the other of these—is almost certain to follow—sometimes all three. And if, perchance, the guilty individual escape death, is restored to partial health, and has offspring, those offspring are exceedingly liable to be weak and imbecile.

When self-abuse has been for a long time practiced, the individual will begin to suffer from involuntary emissions. Sometimes these will take place three or four times a week—at others, two or three times every night; generally accompanied with lascivious dreams. The patient becomes very much exhausted; he will have



a trembling weakness in his limbs, and no appetite for breakfast; and frequently he will feel meanly, and act as though he had been plundering his neighbor's hen-roost, and knew that every one he met was aware of his guilt! He will have a *sneaking* way and look; will be fond of being alone; and you will scarcely ever be able to "catch his eye." In short, his or her every action will be like that of a person conscious of sin, and ashamed to look the world in the face!

In almost all patients troubled with this complaint, there is more or less constant dribbling of the semen. The slightest excitement—the touch of a woman's hand, the exposure of her neck, a wanton glance, an amorous thought, a lascivious painting, a voluptuous description—will produce an involuntary loss of the semen. Co-habitation is out of the question; the patient could not control his emission sufficiently long; and in the way the semen passes from him he experiences finally but a small amount of even animal pleasure, but still frequently practices masturbation as a fixed habit, to gratify an inane desire. The mind becomes enfeebled, the memory is impaired, the flesh leaves the bones, the eyes wander in vacancy; inclination for conversation or society is lost.

As time passes, the victim becomes worse and worse. The genital organs often get inflamed and otherwise diseased; so that they become insensible to the pleasurable feeling induced by the passage of semen in a healthy state; the patient wakes in the morning to find the clothes wet by the involuntary discharge; also, the semen passes off every time he urinates or goes to stool, without a consciousness of it on his part, but which is known by the weakness he experiences. Often he becomes completely impotent; he could not have connection if he would—sometimes there is no desire for this, the very sight of a female being disagreeable. The emissions finally give not the slightest pleasure; but the miserable victim having contracted a habit, he unconsciously practices self-pollution in his sleep, and has to have his hands confined to prevent his manipulations.

In this state the mind generally becomes completely absorbed with the idea of a wretched and loathsome situation; the patient is haunted with the distressing thought that everybody knows his condition, and that they scorn and despise him. He has ideas of suicide!—he is beset, as it were, by a thousand demons, from whom he cannot escape. He is troubled with pains in various parts; his vision is dim; his mind is confused; his head is full of ringing sounds; his constitution gives away, and he is landed into the grave of the consumptive or the dungeon of the mad-house! The confessions of the miserable victims of masturbation and involuntary seminal emissions, inform us of all this, and much more! Should I publish the testimony that these men have given—their confessions upon the bed of death—I doubt not you would be astonished, and more than astonished, at the havoc this demon has made—not among men only, but among women; for both sexes are alike guilty—or rather members of both—of the unpardonable sin that leads to death through involuntary seminal emissions.

#### CAUTERIZATION.

To guard against children contracting the habit of self-abuse, should be the duty of every parent. I am confident that upon this subject there is great remissness. People generally seem to think that it is a subject too *delicate* to speak about to a

child. This is a sinful folly. I am confident that nine of every ten boys throughout the country learn of it before the age of fifteen years; they obtain it from other youths; it is unavoidable! But they do not learn, nor do they know of, the sad effects to which it leads. To point out to them the *dangers* of this vice should be the duty of parents. We tell our children that they must not play with the rattlesnake, because his poisonous bite will cause death; we tell them they must not go out in the cold air when covered with perspiration, because they may get sick thereby; we warn them against other things, because indulgence therein leads to evil. But upon this point there is silence!

Parents should carefully watch their children with reference to this matter, and from an early age; for when self-pollution may be commenced it is difficult to say. In many cases, it has been known to be practiced by children not over five years old; and it is continued from that time forward. If you discover that the habit has been contracted, *put a stop to it*; first, by pointing out the awful consequences to which it leads, and if that is not sufficient, try more effectual ones. Of these there are various. I shall have the pleasure of introducing to your notice one very simple and very effectual, which shall put you to no expense for doctor's fees—which you can administer yourself, and continue without cost as long as may be desirable, and without injury to the health. This plan was successfully adopted at the Colored Hospital in this city. I am not aware that it has before been made use of. It consists simply of producing a harmless sore upon the end of the *foreskin* of the private member, by the application of a stick of caustic. This application operates upon a principle similar to that which keeps the pig from rooting the earth while he has a ring in his nose! The irritation kept up on the penis prevents masturbation. Parents who find their boys in ill health, where no satisfactory reason for sickness can be found, might apply the caustic for a few weeks, and they will notice a rapid return to health. The inmates of prisons, and jails, and hospitals, would often derive benefit from the same treatment. Before the sore heals, re-apply the caustic. Sooner than submit to the pain produced by manipulation, while this sore remains, the youth will forego his habit of self-pollution. He will find himself "paying too dear for his whistle," and will abandon the practice. Females may be treated similarly; and in all cases of adults, where a habit has been contracted, and the *will* is not sufficiently strong to overcome it, I would advise them to make use of this treatment. It will be found effectual! And where there are manipulations in sleep it may also be used; the soundest repose will be broken by the pain caused, and the person may save himself. In cases of involuntary emissions, it will of course be necessary, if the patient would preserve life, to apply to some physician who has given attention to these matters, and will understand how to treat them, and place their systems in a state of perfect health.

#### CIRCUMCISION—WHAT IS IT, AND HOW PERFORMED?

IN connection with the subjects of seminal emissions and masturbation, we may consider the matter of circumcision. This act consists in removing the prepuce skin or foreskin of the penis (covering the glands) by a surgical operation; after which masturbation is difficult. The word "prepuce" is derived from the Latin *præputio*, to lop off before.

We read in the Bible that circumcision was a seal of the covenant which God made with Abraham and his posterity; and it is thought by many to have been instituted for the purpose of preventing self-pollution and inducing the young to marry, that the command of God—"Be fruitful, and multiply and replenish the earth," might be obeyed the more willingly. Were the act generally practiced at this day, there would undoubtedly be much less of self-pollution and of the evils therefrom arising than at present exist among us. Viewed in this light, it is a subject worthy of consideration. As practiced among the Jews, the ceremony of circumcision is attended with trouble and unnecessary expense; but it may be performed without trouble by any surgeon.

"The history of Abraham proves that circumcision was an ante-Mosaic rite, for the command is expressed in such terms as to make it evident that the rite was known previous to the time of that patriarch. It was practiced in Egypt and Ethiopia from the earliest times.

"The ceremony of circumcision as practiced by the Jews in our own times, is thus: When a male child is born, the godfather is chosen from among his relatives or near friends; and if the party is not in circumstances to bear the expenses, which are considerable (for after the ceremony is performed, a breakfast is provided, even amongst the poor, in a luxurious manner,) it is usual for the poor to get one amongst the richer, who accepts the office and becomes a godfather. There are also societies formed amongst them for the purpose of defraying the expenses, and every Jew receives the benefit if his child is born in wedlock.

"The circumcisor being provided with a very sharp instrument, called the circumcising knife, plasters, cummin-seed to dress the wound, proper bandages, &c., the child is brought to the door of the synagogue by the godmother, when the godfather receives it from her, and carries it into the synagogue, where a large chair is placed. The godfather being seated, and the child placed on a cushion in his lap, the circumcisor performs the operation. Forms are repeated by the circumcisor the parents and the congregation."

#### THE NATURAL REMEDY.

In connection with these subjects, I append some anecdotes, which, if rightly interpreted and followed, may be beneficial to my readers. The first was the result of the concoctions of one of the "bloods" of the allopathic fraternity, a son of one of the most wealthy and respectable merchants in the western part of New York State; and grew from attempts to "get the rig" upon a doctress of high repute in his locality. It is well known that the allopathic physicians have made great exertions to put down those practising in the vegetable or botanic school, whether males or females; and the lady who was the object of attack in this instance having superior skill in the healing art, and in the use of harmless and simple vegetable preparations, was an object of special dislike. This good old lady physician and neighborhood nurse, beloved and sought after by all, was a great eye-sore to the allopathic medical aspirants (as botanists generally are), and had often to take down those young gents in her vicinity who were wiser than their mothers or the seven men spoken of in Scripture, and who wished to restrict woman's usefulness and detract from her motherly guardian care.



Our hero, Dr. P——, of —— county, a doctor *wanting* practice, was greatly annoyed by Mrs. M——, our lady physician. So with two or three other disciples of the healing art, similarly situated, he resolved to "run a saw" upon Mrs. M——, and then use it to laugh her out of the neighborhood. All things being rightly planned, the young M. Ds. started one evening to make Mrs. M—— a call, resolved to shock the lady's modesty and put her to the blush. Arriving, they knocked at her door; and were soon admitted by the lady herself, and requested to be seated, in her usual bland and good-natured way. After the usual compliments, she inquired, "Well, gentlemen, what can I do for either of you to render you more happy and comfortable in life?" Dr. P—— informed Mrs. M—— that his case was considered a very dangerous one; that as it was also a delicate one, it was exceedingly embarrassing to have to consult a lady; but as he knew his danger, and had been informed of her great skill, and that all confidence could be placed in her discretion, he had felt compelled to seek her advice and prescriptions. Mrs. M—— assured the doctor that confidence might be placed in her in all delicate matters, and that his secret would be safe in her keeping; and expressed a wish to examine, that she might become fully acquainted with the nature of his complaint, and so be enabled to prescribe for him with greater certainty of success; at the same time offering a private room for the examination, which was declined.

Mrs. M—— went for her spectacles and a light, and the doctor exposed the obnoxious member, which, he informed the good old lady, was a source of great annoyance and trouble to him, both in and out of company; being subject to swellings and violent erections, so painful as to disturb his rest and afflict him bodily and mentally day and night. As is usual in cases of this kind, Mrs. M—— carefully examined the afflicted member in various ways, in order to the understanding of the complaint. The good old woman, having in the course of a long and useful life made mankind her study, soon became acquainted with the nature of his ailment, and with a sagacity peculiar to those who strive for natural effect by natural causes, prescribed the only thing that, under the circumstances, could be of any avail; but first calmly informed Dr. P—— that, though his was certainly a bad case, she had successfully prescribed for many worse ones, and the patients had never failed to find relief under her directions; the disease soon passing off, and the afflicted part being reduced from its inflammatory state in a very short period.

The prescription was immediately ordered, and the price requested; when the benevolent lady informed her patient that in unusual delicate cases, affording room for an advance in knowledge for the relief of the sick and unfortunate, she made no charge for advice or medicine. Mrs. M—— received the thanks of the young bucks, and handed the following prescription, which she said might be legally obtained of any respectable parents in the neighborhood:—"One virgin poultice—apply three times a-day until the inflammation is completely reduced. To prevent a recurrence of the distressing symptoms, an occasional application should be continued. This is a never-failing remedy." The disciples of Esculapius incontinently aloped, and were not afterwards heard of in the locality. Mrs. M—— successfully continued her business with an increase of patronage.

Considered in a medical view, this prescription of Mrs. M—— is by no means to be thought of lightly. I cannot dwell at length upon the efficaciousness of this remedy, and its power in certain complaints; but of this we may be assured—that it is an unfailing healing balm, possessed of rare and peculiar qualities, prepared ex-

pressly by nature for the purpose to which it is applied; is unparalleled in its soothing action, and a remedy that no substitute of man can ever dispense with with impunity. Before it the prescriptions of modern physicians—cauterizing, cooling lotions, applications of cold water, and the like—dwindle into insignificance; and before this great remedy of nature the egotistical physician may well hide his head in shame. Bachelors who, from long celibacy, are troubled as was Dr. P—, would be wise to consult and apply the remedy of nature rather than the remedies of those teachers who inveigh against early marriage.

After the discomfiture of Dr. P. and his associates, Mrs. M. continued successfully her practice undisturbed by any aspiring M. D. for considerable time. But finally another allopath settled in the neighborhood. Dr. D. was an accomplished single gentleman, of high character, and attracted the attention of many a lovely dewdrop of the place. In short, he was the pet of all the ladies who were not fit subjects for blue pills, and who of course were opposed to *bleeding* while in a state of health. But months went by and the doctor had no patients, while all the while Mrs. M— was overrun with practice.

Finally Dr. D. grew desperate; and resolved to make an attack on his lady rival, and see if he could not outwit and get the joke upon her. He procured the assistance of some fellow physicians, and they laid their heads together to concoct a scheme. Knowing Mrs. M—'s good natured wit, and her skill in the use of her tongue, and remembering the discomfiture of Dr. P—, they were some time in planning a mode of attack. Finally they hit upon a scheme.

They had been informed that the doctress was remarkably well versed in botany, and was acquainted with the name and use of every vegetable and root; and never failed of giving the right name to any article that was presented for her inspection. Upon this they resolved to act, and see if they could not put the old lady to her wit's ends and turn the laugh against her. The article was procured, in a dried state, and forthwith they posted off to visit Mrs. M. They found the old lady busy with a number of patients, but finally obtained an audience.

"My good gentlemen, what can I do for you?" inquired the doctress. Dr. D— replied, that he came to obtain her opinion of a *root*, a piece of which he had brought with him, and respecting which there had been much dispute as to its name; and hearing that Mrs. M. was skilled in all matters of this kind, he had, after in vain applying to many skillful physicians, called upon her; and thereupon the mysterious root was produced. The old lady scanned it closely through her spectacles, and then cautiously tasted it, as was her usual way when not satisfied by ocular evidence. After nibbling a little, she remarked with a knowing look and a hearty laugh—"O, la! it is the good old *root* of population, which has such an exhilarating effect upon the female bowels! I have long been acquainted with its wonderful powers in many complaints peculiar to my sex."

The old doctress's wit had the desired effect. The discomfited bloods sloped amid the laughter of the old lady, and did not suffer the grass to grow under their heels till far away from her neighborhood. Since that time Mrs. M— has enjoyed the practice of the village undisturbed and without a rival.

As "all things are pure to the pure," it may be well to mention that the old lady's prescription will be found a salutary cure, in most cases, for involuntary emissions and masturbation, as well as in those cases to which she ordered it applied. There

is therein a volume of meaning to the male sex. And the second may be found as efficacious in the suppression of harlotry, and as speaking loudly to the females.

These anecdotes will serve to show that nothing was made in vain, and may lead our minds to the contemplation of the language of St. Paul, that it "is better to marry than to burn." Physicians may encourage bachelor habits, and devise caustics and cooling preparations to deaden the natural passion of sexual love, all for the purpose of extracting round fees for medical services; but let me plainly say to the young of both sexes—"Let every man have his own wife, and let every woman have her own husband;" and that, too, in early life, that the in-born passion may be gratified in accordance with nature, and in the holy bonds of wedlock. Then seminal emissions, masturbation, and other evils would cease, and much of misery would be spared the human race.

### SEXUAL TANTALIZATION—SUPPRESSING ELECTRIC EMISSION.

THERE is quite too prevalent, in all classes of society among the married, a practice highly destructive to health, which consigns thousands of persons annually to the tomb; and yet no voice has been raised against it, either because of its being thought a subject too "delicate" to be treated of in a public work or lecture, or because of ignorance. But waiving all such considerations of a false and over-fastidious refinement, and being desirous to point out the causes of consumption and death, as well as to speak of cures, I shall make brief allusion to the destroying sin of tantalization of the passion, or suppression of semen.

In the rational and temperate gratification of the sexual desire, as ordained of God, there is nought of harm. For a proper participation in the delights of wedded life, physically as well as intellectually, in the natural and scientific manner, there is no punishment decreed; inasmuch as it is not only in accordance with nature, but in compliance to the commands of Jehovah. It is not, therefore, against this I shall speak, but against tantalization and suppression, which is unnatural and highly pernicious in its effects upon the human system. This evil act consists in exciting the organs of procreation to the highest degree, and then checking the emission of the electrified semen, through fear of "the consequences"—loss of character to the unmarried by having a child, or physical danger to the wife, or desire not to have children. Never be guilty of this sin!

Married people often practice tantalization and suppression, or withdrawal, by advice of the family physician, where the wife is physically deformed, subject to dangerous miscarriages, or unable to give birth to a living child without greatly endangering her own life. And so, as amativeness will be gratified, the husband ignorantly risks the sacrifice of his life by practising suppression; for by a pursuit of this course, consumption is surely induced, and the person finds an early grave. Ninetenths of the married people indulge in this pernicious habit to a great degree, to say nothing of what is practised by the unmarried.

Tantalization and suppression are injurious to the system, because often by the suppression, the power of the electricity, not being allowed its natural escape, is expended upon the body. The organs that were wont to exercise their functions being compelled into a cessation, the electricity in them stimulates to action; and, as the steam pent up in an engine, which, when not employed and suffered to escape,



finds vent in a disastrous explosion, so is the force of the electricity generated by friction, when thrown back by suppression, expended on the nerves, organs, and machinery of the body, to its great detriment and manifest harm, destroying both health and life.

But, you will ask, if the life of the wife is in danger on the one hand, and that of the husband on the other, what shall be done? what safe course shall be pursued? Shall the desire of cohabitation be suppressed? I answer, no; for there is provided means whereby the life of neither shall be in danger, nor cohabitation be denied, of which I shall speak in another place.

Self-pollution or masturbation, as I have told you, is unnatural and destructive to health; but the indulgence of the habit of which I now speak, is much worse than the other. In masturbation, a free discharge of the semen is allowed; but in suppression, the passion is checked in the height of excitement, and the electricity is thrown back upon the system, scattering the arrows of death through every part of the body, and inducing insanity, idiocy, spinal diseases, and consumption. Thousands are annually carried to the grave through this cause, ignorant of its fatal effects; weak, exhausted, and emaciated skeletons, a mockery to even food for worms.

Delaying marriage gives encouragement to this evil; where the passions become ungovernable, and cohabitation is sought in the days of courtship.

Physicians and people generally seem to be profoundly ignorant upon this subject, or else they indulge in such a false delicacy, that they will see the race degenerate, and groan under an evil of a mighty magnitude, sooner than say a word upon the matter. But I have a duty to perform to my fellow-men, to warn them of this as well as the other habits that lead to consumption and untimely graves, and beseech them to flee the evil ere it becomes too late. I have treated hundreds of persons far gone in a decline, who, when I pointed out to them the cause, blamed their physicians because they had not warned them in the matter, but rather let them go on, and then fatten off their purses by doctoring them in their sickness. And after curing these persons, I have pointed them to the means of escaping further danger, by recommending, where their wives were deformed or unable to bear children, that they should use the French Male Safe, or the Prevention Powder, which allow of a full, unobstructed, and voluntary emission, without any danger to the health of the wife or husband. [See notice of these articles.]

I may be blamed by many physicians, (but it will be them only,) for speaking upon this matter, because they will be annoyed at my originality in thus presenting an unrecorded cause of consumption, and my ingenuity in pointing out the way to avoid it. But if you will visit with me the insane retreats, the poor-houses, and the hospitals of the land, and the beds of the consumptive, and learn for yourself how many have been brought to those places by indulgence in tantalization and suppression, you will feel to thank me for alluding to the matter in this work. What is the use or the business of medical men? Are they to be guardian shepherds for the people, or let them run astray? Are they to let the *causes* of disease and death go undisturbed, in order that they may get more fees? Is it not their business to treat of causes, effects, and preventives, as well as cures? For my part, I feel no delicacy in warning mankind to flee from any evil that is prolific of sickness, and is annually carrying thousands to the grave; and should there be any objection to the introduction of these hints into a popular work like this, I would say "Let him that is without sin cast the first stone."

Life and health are in a great degree dependent upon a proper discharge of the duties and functions of the married state. For this reason the chamber of marriage should be quiet; the mind should be calm, and in its loveliest moods; no fear or fright should disturb it; and if the pleasure of sexual intercourse is to be enjoyed at all, it should be with a full, free, and unobstructed emission of the semen, as nature has ordained and demanded. Nothing short of this can be healthy, satisfactory, natural, or of God.

### HEN-PECKED WIVES.

"Let the husband render unto the wife due benevolence; and likewise also the wife unto the husband."—1 Cor. vii. 3.

THESE are generally those wives of the most refined and lovely characters; virtuous, industrious, forgiving, kind, and faithful to the duties of the wedded life, and to their husbands. Their feebleness and sickness, and often their purity, beget hatred in the mind of the husband, and in place of the kindness and consideration they should receive, they are treated with coldness, or annoyed by "hen-pecking," fault-finding, and unjust recriminations.

A cold look, a cross word, indifference, pestering or torture by the husband, all add to the many sorrows of the sensitive wife, and fill her cup of bitterness to overflowing. This is wrong, not only in a sense of injustice to the woman, but because such treatment often weighs heavily upon the mind, breeding consumption and carrying the faithful woman to the grave, besides leaving sad effects upon the family of children, and sometimes affecting the unborn child.

Husbands should not suffer themselves to be annoyed into pestering their wives. Study the happiness of her who has united her fate with yours. When the winds of adversity frown upon you, take new courage from her consolations; cultivate pure love, affection, cheerfulness, faithfulness, kindness, and forbearance. Endeavor to add new comforts to your wife and children, and you will avoid much disappointment and sickness, and many doctor's bills, and be blessed with the blessings of heaven. The riches of paradise will never be accorded to the man who abuses a virtuous and lovely wife and innocent family.

### HEN-PECKED HUSBANDS.

THIS class of men is of two kinds; first, those who have had the misfortune to marry a woman excessively desirous of wearing the pantaloons; second, those who are less capable intellectually of managing the business affairs of the family, and providing for the wants of the household. Of the wives of the latter class, whatever their faults may be, we must accord to them the honor of being excellent managers and providers for the family. Husbands are often feeble and sickly, while the wives know nothing of sickness; and contrawise, wives are often feeble while the husbands are strong and healthy. In these cases it may be well for the strongest to take the management of affairs, in a certain sense; though the reins of government should always be holden with proper regard to the natural feelings of the different sexes.

Wives not unfrequently cause their husbands great trouble in mind, leading to sickness, debauchery, licentiousness, or intemperance, by seizing or attempting to seize, the reins of government, and transferring the business affairs into their own hands, when the husbands are capable of attending rightfully to what belongs to them. Ladies who do this, should never find fault at any save themselves, if their husbands turn out to be bad men. Many good men have been transformed into bad ones by the "hen-pecking," "breeches-wearing" dispositions of their wives, to say nothing of the sickness and deaths by consumption that have frequently followed an usurpation of power by the female in the household.

That the wife should love and obey the husband was the first command of God after the fall of mankind. "And the husband shall rule over thee."—Gen. iii. 16. The husband should consult with the wife, but not at all times hearken to or be governed by her: he should not be persuaded to evil or foolish works, like Adam persuaded by Eve.—Gen. iii. 17. The reins of government belong to the man, and God will hold him responsible for the performance of the duties attached to the state of government, as he did Adam; as also for the protection of the wife and family. Women are not always to be hearkened to; for proof of which, and for the rebuke God gave to man therefor, see Gen. iii. 17, 18.

The husband should love and cherish his wife, and show her all the respect due to her nature; and the wife should honor and obey her husband, for this is the command of God. Do not "hen-peck" each other; but live in mutual love and esteem, and you will escape much of unhappiness and sickness, and will enjoy in greater abundance the riches of virtue and domestic felicity.

"Drink waters out of thy own cistern, and running waters out of thine own well. Let thy fountain be blessed; and rejoice with the wife of thy youth. Let her be as the loving hind and the pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love."—Prov. v.

#### EARLY MARRIAGE OFTEN PREVENTS CONSUMPTION,

FOR through it the mind is placed in a state of comparative contentment upon amatory subjects and upon most others, and the sexual passion is gratified; a pure love is engendered, and both parties are rendered happy in the enjoyment of the sweets of connubial felicity. Thousands of the unmarried die annually, who, had they married early, would have lived to a good old age.

The objection entertained by many against marrying young is, that they will be burthened with too large a family; but a fear of this kind may be considered as somewhat absurd; since a little observation will show us that the number of children a woman has seems in no way to be governed by the age at which she married; except those cases where she was too aged to have many! Women marrying at twenty-five generally have as many children as those marrying at eighteen. And if it were so, that the age at marriage governed the number of children, there is no need to use it as an excuse; for a large family can be prevented if the parents desire. Others make for an excuse, that the mind should be educated and developed before assuming the responsibilities of married life. But if we wait for this, the years of old age will come on first; and sickness, broken constitutions, disappointments in love, self pollution, or the diseases of prostitution



occur, by which the man is made unfit to be married, unless he would have his offspring tormented with hereditary diseases. Ladies, in consequence of not marrying earlier, often run into consumption through irregularity or a change of the course of the menstruation, or into dropsy or general debility, and are then less fit to be married. They may be hewn down like the barren fig-tree spoken of in Scripture—Luke iii. 9; xiii. 6, 7. Physiological, phrenological and other fanatics must change their instructions upon this point, or the final effect will be extremely pernicious to the race of man. Young men cannot restrain their passion while the beautiful and voluptuously-dressed prostitute walks the streets and opens wide the doors for the gratification of their natural sexual appetite.

While, in the language of the Proverbs of Solomon, "the lips of a strange woman drop as an honeycomb, and her mouth is smoother than oil;" while she cometh out to meet the unwary, "and catcheth him, and kisseth him, and saith unto him with impudent face—I have decked my bed with coverings of tapestry, with carved works, with fine linen of Egypt; I have perfumed my bed with myrrh, aloes, and cinnamon; come, let us take our fill of love until the morning; let us solace ourselves with loves"—"with her much fair speech she will cause him to yield; with the flattering of her lips she will force him"; "he will go after her straightway, as an ox goeth to the slaughter, or as a fool to the correction of the stocks; till a dart strike through his liver; as a bird hasteth to the snare, and knoweth not that it is for his life,"—unless there be afforded in the divine institution of marriage, at an early age, a means for the rational and pure gratification of the passions of his youth. Without this, it will be in vain that we warn him, saying, "For a whore is a deep ditch; and a strange woman is a narrow pit. She also lieth in wait as for a prey, and increaseth the transgressors among men;" in vain shall we say—"He that keepeth company with harlots spendeth his substance." In vain ask—"Why wilt thou, my son, be ravished with a strange woman, and embrace the bosom of a stranger?" In vain tell him to "Remove thy way far from her, and come not nigh the door of her house." In vain caution him that, though "stolen waters be sweet, and bread eaten in secret be pleasant," it should be remembered that "the dead are there, and that her guests are in the depths of hell."

I say to you, parents, if you would save your children from manifold evils, encourage in them a love for one *alone* of the opposite sex, with a view to marrying early, and you will behold the most beneficial results.

If parents are declining in health while raising children, the offspring are unusually liable to sickness and early death; but if parents marry young, and before becoming sickly, the children, though the parents be not fully matured, will be likely to possess good constitutions, with superior intellects, and with probabilities of arriving at a good old age.

Sickly young ladies are generally soon restored to health by marriage; and if those who are healthy at marriage afterwards decline, it is from imprudence and abuses, and not from the marriage itself.

In alluding to the preventions of consumption, I cannot, without disregard to your happiness, recommend protracted celibacy; but must enjoin early marriage, that it may be well with you and with the children that shall come after you. [See *Early Marriage and Longevity.*]

## QUICK CONSUMPTION BY MARRIAGE,

Is sometimes induced; it arises in consequence of imprudence or too frequent intercourse. If the sexual passions be strong, they must be kept in rational subjection. There is no good thing under heaven given to man by God to promote his happiness, but may be, and sometimes is, *abused*; and when abused, that which was designed for, and which properly used was, a blessing, becomes to those who do abuse it a *curse*. As I have before said, too frequent a discharge of the semen reduces the power of the system, causes debility and prostration, and induces early death by consumption.

Persons who have struggled to put off the gratification of sexual desire till the age of twenty-five or thirty, are peculiarly liable to fall into the error of *abuse* when they are married, and to be crushed under it: had they embarked upon the sea of matrimony at an early age, the lusts of the flesh would not have been so strong, and no injury would have resulted to them.

Many die annually of quick consumption, induced by an abuse of sexuality. I would caution my readers against this; it is an evil into which both men and women are exceedingly liable to fall. Do not sin against yourselves by foolish abuse of the pleasures God has bestowed upon you for your happiness. But if you have already trodden this path farther than was *wise*, put a curb upon your steps; be more cautious; be rational; and lest what has already been done shall have a powerful tendency to the disease of the consumptive, invigorate and restore your weakened system and blood to health and strength by the use of the Blood Renovator. I can recommend this medicine to you as invaluable in all cases of sexual debility.

It is a matter of often occurrence that married women run into consumption, and are completely broken down and ruined in health, and frequently hurried into the grave, in consequence of *having children faster* than the strength of their systems will allow of, and keep in health. Through this means of having children too often, ladies frequently become burthened with a very large family in a very few years; and what with the hard labor to which they are sometimes obliged to submit themselves, in order to help support their children, and the general debility induced by a constant and unremitting run upon the system, in either gestation, parturition, or lactation, they are soon worn out, and die, leaving a family of helpless children behind, with no mother to watch over them. Many females will have a child in every twelve or fifteen months; frequently weakly and sickly women; and thereby they are kept in that condition where they find it impossible to do anything else than bear children; and their life becomes one of prolonged misery. I have known ladies to have six children in seven years, all single births! In all cases of this kind, where the health of the woman is being ruined, and her days materially shortened by too often child-bearing, it becomes a question worthy of deep consideration, if it is not a duty which both the man and the woman owe to each other and to their children, that some steps should be taken to prevent conceptions occurring so often? No woman, however healthy she may be, should bear child oftener than every second or third year; and, if the lady be unhealthy, it is manifest that her duty to herself is to place, if possible, a still longer time between the periods of gestation.

In cases where, for this reason, it becomes desirable to prevent *too rapid* an in

crease of family, in order to preserve life and health, I have, in other parts of this work, made mention of the proper means to be used, presuming that every person will act from these hints according as he or she shall deem expedient and proper.

### ABORTION.

THIS is one of the evils of modern civilization, generally arising from dictating to nature upon the subject of marriage—holding in improper check for too protracted a period the law of amateness, and placing the age for marriage beyond the bounds of reason; and the dictates of nature. As I have previously shown, the passion cannot always be kept in bondage; and the result of the modern fashion is, that amateness is illicitly gratified; and then, to hide the deed from the face of the world, the innocent offspring is expelled from the womb by force, contrary to nature, to religion, and to the teachings of God!

Those upon whom the act of abortion is practised, are generally unmarried women, who would hide from the world the knowledge of their shame; but far too many married women allow the same evil, either because it is physically difficult for them to have children, or they do not want the trouble of bringing them up; sometimes because they have left the path of virtue, in the absence of a husband, and would hide their sin from his eyes.

In nature, the expulsion of the fetus from the womb before it is matured, is felt to be a great misfortune; it is often a cause of sickness and consumption. In society, the end of abortion is too often sought as a most desirable result. By nature, every woman dreads abortion—in society, many women seek it.

Abortion, or miscarriage, is always attended with great danger of a fatal hæmorrhage, from the adhesion of the placenta. Many lose their lives directly from an abortion; and in miscarriage, especially if it occurs several times, the woman drags out a miserable existence.

The curse of God will be upon all who engage in any way in the practice of abortion—either man or woman. That fallen and degraded man should destroy the life of the unborn babe, does not surprise us; but that woman, whose soul seems fitted to be filled with heavenly love, should either procure or allow an abortion, seems impossible; it excites our astonishment and detestation. And yet, it is nevertheless true, that here in the city of New York, and under the very eye of the law, fiends in the form and garb of men and women carry on this their damnable iniquity!

Speaking upon this subject, an article in the *Scalpel* observes: "We have defined *abortionism* to be the knowledge and practice of expelling from the womb the ovum, or the fetus, ere it is matured. What an employment for a human being! The plunderer of a temple, or a church, is justly execrated for his *sacrilege*, the act of stealing sacred things! Was ever any temple, any church, more sacred, than the secluded sanctuary where an immortal being is preserved and nourished? The Paradise of God is sacred beyond any other spot of this all-hallowed universe, because it is the dwelling-place and throne of God! The womb of woman is the holy shrine where God, in all his wisdom and his love, creates another image of himself, fitted to live with him in his own Paradise, in blessedness and glory! Who dares to enter that august and lofty pile, solemnly dedicated to the service of



the High and Holy One, and ruthlessly destroy the symbols and the elements of worship? None but the burglar infidel—the Atheist thief! Who dares invade the shrine of glory, where in His resplendent blessedness the Hierarchy of the Universe of Being dwells—to plunder and destroy? The arch-fiend Satan, only, dared attempt the deed; and he, for the black act, was doomed to dwell in everlasting fire and chains of darkness! Who is it forces the sealed doors of the enshrined and dedicated sanctuary of the womb, and ravages and tears from thence the sacred image of divinity? The fell abortionist, who in his character combines the sacrilegious burglar and arch-fiend of hell! Can man, rejoicing in the vivid imageries of the beauties and delights of progeny, endowed with the creative power, and worshiping himself in the mysterious shrine where he was wondrously developed—can man, with fraud and force, enter the temple of creation, and with fiendish savageness destroy the image of himself, tear down his throne, dilapidate and desecrate his temple, and overthrow his dynasty? Can man do this? Can he who has been dignified with the exalted power of emanating an immortal being, and depositing the trust in the rich temple of formation; will he leap off from the Creator's throne where all is light and joy, and plunge in the abyss of the destroyer, where all is darkness, degradation and damnation? Yes, man, degraded, fallen, lost to all his glory—man may do this! Can woman? She is by nature a producer, former, educator of her race. She is instinct with the desire of offspring. The perils that attend on pregnancy and parturition sometimes occupy her thoughts; the joys of offspring always.

‘Man’s love is of man’s life a part—  
‘Tis woman’s whole existence.’

Her form, make, organization, thoughts and feelings are expressly constituted, all for offspring.”

Woman is designed of God to feed and nourish with her blood the foetus, and bring it into the world of humanity a living image of the Deity and of man, endowed with the love of life and instinct with affection.

And yet, despite of this constitution of her nature, we sometimes find woman acting against herself and her sex, and vacating the fruitful womb of its precious burden! What is more awful to contemplate?—what sensitive soul will not shrink back appalled from the contemplation of such an atrocious deed? Yes, it is too true, that both males and females are daily practising the wholesale butchery of innocent infants yet unborn, still none the less instinct with the life that is God-given and immortal! And if there be a place on the earth where the business is carried on to a greater extent than in another, that place is this philanthropic, moral and religious city of New York!

Mother, father, or abortionist, dost thou love life?—dost thou not plead for mercy at the hand of the murderer? Dost thou not ask of God the sweets of life and loved friends, and for future happiness? Do you not desire the heart of the man who has you in his power, or of the God who rules over you, to be filled with mercy and kind feelings, favorable to your life? And if your prayers and pleadings, in beseeching speech, are heard and hearkened unto, cannot you see the sweet and prayerful smiles of the innocent, speechless, and helpless babe, imploring the guardian spirit of God, and the fatherly and motherly care of parents to pro-

tect and cherish it and save it from destruction? Cannot the heart feel ere the murderous hand destroys the innocent, unborn babe?

Remember a day of retribution and damnation will surely come, fearful and without mercy; and those will be visited with the wrath and vengeance of a just God, who have not had mercy upon infant innocence and unborn children. The mighty God of armies will protect, if not in this world, in the world of spirits, the innocent babe. And if there be a hell heated by ten-fold the usual power—if, I say, there can be a furnace or hell that can be heated by the blasting breath of the Almighty a thousand fold, it will surely be in readiness for the reception of the soul of the cold-hearted abortionist.

Will these beings continue to rise up amongst us? Will there be another child-murderer? Will there be another person to enter upon the career of the hellish abortionist? God forbid!

Can it be possible that abortionists, both men and women, ride through the fashionable streets of our city in the most gorgeous carriages, pointed at as they pass for their costly equipments and liveries?—and when it is known, too, in what manner they have earned their gold, and can support their extravagance? Why is this so, in a civilized and Christian land?—a city of bibles and churches, of wealth and refinement—the great emporium of the country—the fashionable star of America! Why all this, I ask, without these murdering fiends being brought to justice and the gallows, or the prison?

I will explain why it is so, after the manner of Solomon, the wise man of old. Judges, lawyers, merchants, ministers, deacons, citizens of, and visitors to, this great city—many, too many of them, give wealth and support to the murderous abortionist; they are tools and cat's-paws to uphold the vile dens of child-murder and ravished innocence! They have themselves been at the door of the harlot and the abortionist—they have rendered themselves liable to exposure—they are pledged to do evil lest their own iniquities be published in the streets and from the house-tops—their honor is given unto others and their years unto the cruel!—Proverbs v. 9. The abortionist says to them all—to hundreds from all classes of society—*Attempt to punish me, and your profession and name shall be exposed*, for I have had YOUR patronage as well as that of others! And so, by keeping the officers of justice under the fear of exposure, they escape themselves.

May heaven protect the virtue and innocence of unsuspecting females, and guard the unborn child against the hand of the destroyer; and bring to speedy punishment the accursed abortionists, and destroy the dens of hell; for certain it is the men who rule over us and try the criminals guilty of these sins will never bring them to justice.

Could we have placed before us the number of infant murders and the deaths of children resulting either directly or indirectly from this practice, the sum total would be truly alarming to contemplate. But to do this is impossible, since all these transactions are done in darkness and beyond the reach of statistics. But by giving a slight view of the prevalence and of the increase of still-born children and of premature births, and by reflecting how many of these are the effects, more or less remote, of previous abortions and of abortions attempted upon those thus born, we may be able to get a distant idea of the prevalence and growth of child-murder among us. The report of the city inspector of the city of New York gives the number of 1558 dead children brought into the world in this city in the year 1851

How many were there besides of which the officers never knew or heard? And how many of this number were killed either directly or indirectly, by the labors of the abortionists? I leave it for the imagination of the reader to give the answer. To show the *increase* in the numbers of dead-born, and consequently the increase of the labors of the abortionist, it is only necessary to say—that in 1805 the ratio of dead-born children to the population was as 1 to every 1612; in 1850 it was one to every 386, or an increase of about 80 per cent!

For this practice of abortion there never can be offered an excuse that can in reason be considered weighty. Certainly no one will say that a woman able to bear a child without danger to life should resort to expelling it from the womb before the natural time for birth; and for those whom, by reason of infirmity or malformation, it is dangerous to have child, there are provided safe protections against pregnancy, whereby the sin of abortion need never to tempt them. These are found in the French Male Safe and French Prevention Powder, which are employed by the most learned and respectable, and which are a great blessing to man and womankind, giving sure protection against disease and pregnancy.

Our Maker bids increase—who bids abstain ?”—MILTON.

#### CHILDREN ARE BLESSED OF GOD;

For Christ has said, "Of such are the kingdom of heaven."—Mark x. 14. Christ was fond of little children, recollecting that he himself was once a child, born of the virgin Mary. King David said, "Children are the heritage of God"—Psalms cxxvii. 3. He also speaks of the joy of a mother of a child.—Psalms cxiii. 9. Solomon, the wise man, said, "Children's children are the *crown* of old men, and the glory of children are their fathers."—Prov. xvii. 6. In Ps. cxxvii. we read, "Children are an heritage of the Lord; and the fruit of the womb is his reward. As arrows are in the hands of a mighty man, so are children of the youth. Happy is the man that hath his quiver full of them; they shall not be ashamed, but they shall speak with the enemies in the gate."

I might cite many passages from scripture to prove that the blessing of God upon the world depends upon the care and rearing of children. They are the joy of the father and the hope of the mother, and the greatest and the best of men and women of every age, have been those who loved and delighted in their children. Therefore, have respect for the fruit of the womb, and destroy it not before it cometh into the outer world of light and beauty.

#### WOMAN BLESSED IN CHILD-BIRTH.

THIS is evident from the danger that awaits on difficult labor. If there is any one time when God's protecting care is exercised over mortal beings it is at the time of female labor; and at no time in the life of woman can she feel to lift up her heart and voice to praise God with more fervor, for his protecting care, and rejoice in his mercy more, than after a safe delivery of a living helpless and innocent babe; for this suffering is the punishment for her transgression in Eden. We have the most posi-



tive proof that God, in all the perils and dangers of child-birth, will exert his especial care to protect and shield. "Adam was not deceived, but the woman being deceived, was in the transgression; notwithstanding, she shall be saved in child-bearing, if they continue in the faith, and charity, and holiness, with sobriety."—1 Timothy ii. 14, 15. From this it will appear that what I have elsewhere said of the fall is true; and that Paul knew that woman was deceived, and no condemnation rested on her, although she suffered punishment with Adam.

Woman being the noblest work of God, was chosen as the medium for the giving of Christ unto the world, and blessed with the honor of nourishing the Saviour of fallen man with her own blood. Noble, beautiful, and lovely woman—the fairest and best of the creations of earth—dishonor not thyself in the loss of thy virtue and purity; for it was from thy purity that Christ came into the world; and had he not received purity in his form of man from the pure woman, his blood would not have been innocent to have redeemed the world—it would not have been a pure sacrifice in the sight of God.

Were the world to need another redemption, where could be found the pure blood—without hereditary taint or stain of personal sin of the world—to furnish a child for the sacrifice? I beseech you, then, save thy blood from the taint of whoredom, lest the whole world be filled therefrom with the seeds of disease, leading to consumption and death, and moral degradation. Preserve thy purity, virtue and chastity, and thy days will be many and pleasant upon the earth, and finally thou shalt become a chosen angel of heaven, to sing the praises of God and the Lamb.

#### MISCARRIAGE CAUSES CONSUMPTION.

THE satisfaction of the womb is in receiving, retaining and supporting foetal life. To lose its fruit is just as much an affliction to the womb as for the hand to lose a finger, or the body an arm. It is impossible that its loss should be converted into gain: miscarriage cannot be productive of health, happiness, or long life for woman.

Miscarriage is one of the greatest misfortunes that can visit a woman—the most to be dreaded naturally: and what a pity it is to have the life sacrificed by floodings and inflammations, arising from having the fruit of the womb expelled before its proper time. Every means should be taken to prevent this sad result. I have often been applied to by ladies who apprehended a miscarriage, and in all cases where they have applied in season have succeeded in preventing the disagreeable result—even when the woman was far advanced in consumption.

Pregnant ladies should be very careful of lifting, jumping, reaching, sudden fright, anger, and other causes that sometimes induce an abortion or bring on premature labor. They should be careful about wearing abdominal supporters, for by these things great injury is often done to the child, and frequently miscarriage produced. For a physician to recommend this instrument is to say that God did not make the necessary abdominal support by bones and muscles for woman to carry her young—it is a libel on the nature of our physiology. Good, rich, pure blood is the only support wanted by the system, in travail.

Weakness, venereal diseases, sitting up late at nights, fear, grief, violent emotions, poisons, violent purges, immoderate exercise, obstinate diarrhoea, great loss of blood,

acute diseases of various kinds—all these sometimes induce an abortion, and should, therefore, be guarded against. Miscarriage is also often caused by a stricture of the uterus, or by a relaxed state, and falling of the uterus. [See article on Women's Diseases.]

*The Signs of Miscarriage*, or of the death of the fœtus, are, the breasts growing suddenly flabby; painful weight in the loins, which reaches to the thighs; pains about the navel, head and eyes; cold extremities; convulsions; colic pains in the belly, similar to labor pains; shiverings; faintings; languid motion of the fœtus, and less frequent than before. As the miscarriage draws nearer, the pains in the loins and hips increase; the womb dilates; watery discharge is perceived, often with blood, pure or clotted. The most certain sign is the discharge of a fleshy colored substance, which comes away with the water. When these last signs appear, miscarriage is unavoidable.

I hopefully trust that these minute descriptions of the signs of miscarriage will be the means of directing attention to the matter, and thereby saving the health and life of many women, and preventing the loss of the fœtus; for if women can understand the signs of an abortion of the fruit of the womb, they may be induced to apply in season for the means of preventing such a result.

Advice by letter or otherwise, to all who may feel the need of it, will be given faithfully and confidentially to all who shall choose to make application to me, sending one dollar as consultation fee. Having had much experience in this matter of miscarriage, and accurately understanding its signs, I have no hesitation in saying that I can give ladies such advice as will save them days of sickness and agony, and often be the means of preserving their lives.

*To avoid Miscarriage.*—Ladies known to be incompetent to produce a living child without danger to their own lives, or who have a dangerous habit of aborting, should not suffer themselves to become pregnant. This can be easily avoided. I know of no safety to the life of the wife and the health of the husband, in these cases, except in the use of the Male Prevention Safe or Prevention Powder. And as prevention is better than exposure, or even a cure, these articles will be found perfect for the purpose.

I know that if the sexual passion is to be enjoyed, there must be a full and free emission of the semen, without fear of danger: if there be not, the husband will surely run into decline and consumption. And if, on the other hand, there be no precaution, pregnancy will result to the woman, and death will follow, as the consequence, or there be a dangerous miscarriage. [See cut of Ovarian Tumor, in Pregnancy.] To avoid these—to preserve the health of both husband and wife and to give enjoyment in sexual love—there is nothing equal to the means I have alluded to. I would say here, however, expressly and pointedly, that no persons should use these articles except in cases absolutely requiring them for the protection of life and health; for, like all other good things, they may be abused, and a great deal of injury done in preventing conception where it should not be prevented.

To prevent miscarriage, where conception has taken place, use, with Root's Nervine, cold drinks; gentle laxatives and moderate but not violent astringents will be found useful; but your physician should be called to your aid without delay, if your case is dangerous. Precautions to prevent miscarriage, during pregnancy, are not so effective as those used betwixt a miscarriage and the next impregnation, and the

advantage of this interval should by all means be embraced; the particular disorders or weaknesses should be attended to and removed or overcome, and the general vigor restored if possible. Cold bathing, at bed-time, is good; lime-water, mineral spring waters, salt water air, and bathing are good; but the only sure cure is in the attention and directions of a skillful physician.

Convulsions and floodings demand immediate attention and help from your physician, as a cure is uncertain, and your life at stake. I do not know when I have failed of preventing miscarriage, if applied to in season. I have treated thousands of ladies, having had from one to thirty-three miscarriages, with success.

Ladies rarely suffer more than three or five miscarriages; and often date the commencement of decline, poor health, or consumption, from this cause. Let me warn all ladies, both young and old, never to cause abortion, under any circumstances, but rather study prevention of pregnancy, whereby your health will be saved, and the great sin of abortion will never be laid at your door. Thus you will escape the physical curse and the divine displeasure.

#### UNHAPPY MARRIAGES CAUSE OF CONSUMPTION.

IN order to the enjoyment of health of the body, it is necessary that the mind should be properly cared for and consulted; since that, in great measure, controls the nerves and muscles, and influences the body to a state of health or a state of sickness.

The cause of the consumption, and of the prostitution of many of the most refined, beautiful, well-educated, wealthy, and influential persons, may be found in the thwarting of the heart's pure love. Love is the fulfilling of the law. Angels love, and are lovely; and those that love most are most godlike; for "God is love." Love is a constituent element of man, and the soul and life of woman. None are wholly destitute of its charms, of its sweets. Blot it from the soul of man, and you blast his nature. If a man and woman love each other, body and mind partake of its nature; but if hatred, jealousy and discord are wedded in marriage, disease of body and mind will be the ultimate result, as sure as effect follows cause. But there is a "friend that sticketh closer than a brother." There is a tie stronger than life—it is that oneness of soul "which binds two willing hearts" indissolubly together, and makes "of them twain one flesh." This is connubial love—the "holy of holies" of human emotions. Parents, if you would see your children well and happy, study their safety in their love. Do not suffer them, nor compel them, to marry for wealth, where there is no love. There is nothing more revolting than to see a beautiful young girl led unwillingly to the altar, by a man for whom she feels in her heart not the least spark of love—compelled to marry against her desires, and to give up the cherished idol of her soul, to please parents or to secure wealth. Almost the certain fruits of this course are—consumption and death by suicide or disease; particularly if the woman possess any of those soft and womanly feelings, and the sweet and virtuous sensitiveness that are the beauties of her sex. If we consider health and happiness anything, all persons should marry to please themselves, as the first consideration; the pleasure of parents or friends is of secondary importance, and should ever be so regarded.

By reference to the reports of lunatic asylums, it will be seen that unhappy mar-



riages are a fruitful source of insanity. When the pure love of the heart has been thwarted, and the victim of selfishness has been compelled, as it were, to marry against choice, the mind is frequently so powerfully affected by it that reason is dethroned and driven from its temple. This result is frightful to contemplate; and yet, in the face of it, hundreds of people are forced to the risk of this unhappy fate. Besides this, marriages contrary to the desire and the love, often entail upon offspring bad mental characters, for the reason that the parents were in no manner suited to or intended by nature for each other. These matters should receive the serious attention of all, particularly of those parents who desire the happiness of their children.

If ladies or gentlemen have formed an attachment of love, and intend marriage, although the union is not quite desirable by the parents, when those parents have neglected to place their young in the society of such persons as would be best agreeable in marriage, it is not always best to break or to rashly oppose the marriage on such ground, provided signs of insanity, suicide, or lingering consumption threaten them. If the son or daughter is to be brutalized, and their lives rendered useless, either by death or otherwise, who shall take upon them the horrible deed to execute? If parents refrain from such a horrible deed, and of two evils choose the least, they will have no child to brutalize or murder; but if the wedded demon in the form of man, debases, murders, or uncivilizes his partner in wedded love, he alone is answerable to both man and God, the parents being free in the sight of Heaven of wrong to their own child; and while they may lament over the fallen state, they will love them still; and although they be lost to humanity and usefulness, parents will never have to reflect that they caused the fatal and horrible deed, or visit their own child a raving maniac or emaciated consumptive, made so by their own will. Inspiration saith love is stronger than death; and parents should act cautiously in the separation of the intended married. Parents had better bestow a few thousand dollars extra upon such children, to give them a home, and encourage them to a useful and moral life, rather than quarrel, and forever perplex and torment them.

#### NEVER MARRY RELATIVES,

BUT cross the blood to persons of good habits and health, not given to overdrinking, gluttony, whoredom, love sickness, or masturbation before marriage; as all these evil habits tend to the transmission of disease to your children, infecting them with the seeds of idiocy, insanity, or consumption and early death.

Dr. Howe, Horatio Byington, and others, appointed by the Legislature of Massachusetts to investigate the causes of idiocy, report four hundred and twenty idiots found in seventy-seven towns only, by which they conclude the number in that State to be between fourteen and fifteen hundred. "Of the four hundred and twenty idiots proper, two hundred and eighteen are gluttons, and one hundred and two are given to self-abuse in an uncontrollable and frightful degree." These, by the conditions of their birth, though made in the image of God, are deprived of all instruction; confined in asylums; are filthy, gluttonous, lazy, and given to abominations of various kinds. Left in this condition, they sink deeper and deeper in bodily depravity and mental degradation.

It may be truthfully asserted that this is the result of ignorance rather than of any unkindness; but the plea of ignorance can no longer put away the sin and disgrace.

The report states that of the four hundred and twenty cases of idiocy examined, in three hundred and fifty-nine of them one or both of the parents had violated the natural laws of health by becoming intemperate, by marrying blood relatives, or by excessive sexual indulgence, or masturbation, or were afflicted with scrofula or affections of the brain.

The effects of hereditary indisposition upon offspring are very strong. Thus in insanity, out of eight hundred and sixteen cases in the New York State Lunatic Asylum, one hundred and eighty-seven were known to have had insane relations, and from the known reluctance of friends to make this public, there can be no doubt that the actual number is much greater.

From this we may conclude, *that where there is a predisposition in any family to any particular disease, or where any particular disease or mental deformity exists strongly in a FAMILY*—whether there be scrofula, asthma, consumption, or frequent cases of insanity, or of idiocy in that family, or any other complaint or deformity, mental or physical, be often manifested in it (and there be but few families but have in them a prevalence to some particular infirmity or ill)—the intermarriage of members thereof is highly dangerous to the health of offspring; inasmuch as by the sexual connection of persons both suffering from or inheriting a tendency to a particular disease, the offspring will be rendered doubly liable to the inheritance of that disease. The same will be true of any qualities existing in that family. Where both father and mother are consumptive, and the disease has existed in the families of both, we may look for an almost certainty of the development of consumption in their children, whether the parents be related or not. And inasmuch as it is much more probable in a given number of marriages between relatives that there will be a predisposition to a particular disease in both, than a predisposition in both to a particular disease in the same number of marriages of persons not connected by blood, we may conclude it is better that there should be no marriages of relatives. Whether, in a case of marriage of blood relatives, where there was no predisposition to disease in the family, and both parties were in good health, strong and robust, there would be any greater probability that the children would be constitutionally ailing than in a case where no relationship existed, other circumstances being the same, may be doubted. It is in the fact that almost all families possess some predisposition to disease, and perhaps some traits of a mental character which should not be cultivated by increasing them, that the objection to intermarriage. and the more frequent pernicious effects upon offspring, lies, and not in the relationship itself. This I conceive to be the philosophical and physiological explanation of the greater frequency of diseased, idiotic, or insane children from marriages of relatives than from other marriages, in proportion to the numbers; and, so far as I am aware, it is the first time a reasonable and philosophical explanation, founded upon known phrenological and physiological laws, has ever been given to the public; although the matter has been a subject of comment for many of the most able writers in the science of medicine, and other sciences pertaining to the human body.

In the report to the Legislature of Massachusetts, before alluded to, the committee very plainly point out the fact that intermarriage of relatives is a source of idiocy, insanity and disease; but they do not explain why this should be so! The effect, but not the cause, is given. Speaking of the intermarriage of relatives, the report says:

‘By giving this as one of the remote causes of idiocy, it is not meant that in a majority of cases the offspring of marriage between cousins, or other near relations, will be idiotic. The cases are very numerous where nothing extraordinary is observable in the immediate offspring of such unions. On the other hand, there are so many cases where blindness, deafness, insanity, idiocy, or some peculiar bodily or mental deficiency, or a manifest tendency and liability to them, is seen in such offspring, that one is forced to believe they cannot be fortuitous. Indeed, the inference seems to be inevitable, that such intermarriages are violations of the natural law, though not such flagrant ones as always to be followed by *obvious* and severe punishment.

“If two full cousins, who are both in good health, and free from any predisposition or tendency to any particular disease or infirmity, should marry, the probability is, that their immediate offspring will have tolerably good constitutions—though no one can say how much less vigorous in body and mind they will be than offspring born to either parent from some one of a healthy family not related by blood.

“But, on the other hand, if a man in whose constitution there lurks a predisposition to any particular disease of mind or body, inherited from his father's family, should marry a daughter of his *father's* brother or sister, there would be a strong probability that the disease or infirmity would appear in the offspring; while the probability would be less if he married a healthy cousin by his *mother's* side; and still less if he married a person free from all unhealthy predispositions, who was not related to him at all.”

From evidence, it appeared that more than one-twentieth of the idiots examined, were the offsprings of the marriage of relations. Now, as marriages between near relations are by no means in the ratio of one to twenty, nor are even, perhaps, as one to a thousand to the marriages between persons not related, it follows that the proportion of idiotic progeny is vastly greater in the former than in the latter case. Then it should be considered that idiocy is only *one* form in which nature manifests that she has been offended by such intermarriages. The probability, therefore, of unhealthy or infirm issue from such marriages, becomes fearfully great, and the existence of the law against them is made out as clearly as though it were written on tables of stone.

“The statistics of seventeen families, the heads of which being blood relatives, intermarried, tells a fearful tale. Most of the parents were intemperate or scrofulous; some were both the one and the other; of course there were other causes to increase chances of infirm offspring, besides that of the intermarriage. There were born unto them 95 children, of whom 44 were idiotic, twelve others were scrofulous and puny, one was deaf, and one was a dwarf. In some cases, all the children were either idiotic, or very scrofulous and puny. In one family of eight children five were idiots!!”

It is a general rule, that close affinity of parents produces a deteriorating influence on the children. The degeneracy, and even idiocy, of some of the noble and royal families of Spain, Portugal, and other European countries, from marrying nieces and other near relatives, is well known. Defective brains in all these cases may be observed.

The intermarriage of blood relatives usually degenerates the rich quality of the blood, the quantity of the phosphoric acid, and the power of the nervous electricity, upon the same principle that air or water become impure without the introduction of



new air or water, of a richer, purer, and more enlivening character. Animal and vegetable substances, as well as air and water, degenerate and decompose, unless constantly renewed by the introduction of new invigorating principles.

Intermarriages induce deficiency in the lively, animating, healthy principle of life, phosphoric acid, by which persons can be electrically acted upon, and electricity imparted to the semen in the act of impregnation, to give new qualities to the foetus, and new animal electric life.

I have previously stated in this work, that idiots, or persons of inferior intelligence, are deficient of phosphorus or phosphoric acid in the brain and blood; and that this phosphorus is the great principle to impart activity and intelligence to the brain. Nervous and highly intelligent persons have the larger share of this principle, while idiots, and the degenerated offspring of blood relatives, have but little. In the case of idiotic children, it would be found, could we get at the matter, that the persons most defective mentally, chanced, during sexual intercourse, to predominate in heat of passion, or electrifying power upon the seed for the foetus, whereby a greater or less degree of imbecility was caused in the offspring. This will appear obvious from the fact, that intemperate persons electrify their offspring with a desire for strong drink, when impregnation takes place under the excitement and stimulus of the liquor, which arouses the whole electric power of the system at the time of cohabitation. The one predominating in electric heat or excitement, will *impress* upon the semen his or her peculiar qualities, and govern the character of the child then propagated,—whether it be lively and intelligent, or inactive and imbecile in intellect. Therefore the womb should be impregnated when the person having the greatest degree of intelligence and composure, and least liability to disease, is in a higher state of sexual excitement than his or her companion; and where either parent is from a diseased family, or a family where idiocy or insanity have prevailed, this should be the only time that intercourse should be had, without precautions against conception are taken by the use of the Male Safe or Prevention Powder; unless parents would transmit to their offspring disagreeable, unhealthy, or imbecile qualities of mind and body; for be assured that these will follow inattention to this matter, as certain as cause follows effect.

### IDIOCY, HOW CAUSED.

THE causes of idiocy in children arise from intemperance of the parents in eating; drinking adulterated, poisoned, and tobaccoed liquors; immoderate use of tobacco; tight lacing, and heavy skirts; depressing and dragging down the bowels; disturbing and compressing the foetus; love sickness; unhappy marriage; marrying blood relations; scrofula, or venereal disease; grub in the system; nursing the child too long, to prevent another conception; masturbation before marriage; weakness of the sexual organs, arising from protracted celibacy, or any other cause debilitating the powers of the parents; exposing the child to cold, striking it on the head, or abusing it with any violence.

To prevent idiocy, misery, consumption, pain, and degeneration in the offspring, all cause of afflictions should be carefully guarded against by the parents, and by those who ever contemplate becoming parents; for we know that diseases are transmitted to the child while it is yet in the womb, and the physical and mental charac-

teristics of its parents entailed upon it. If in your blood the seeds of disease, which may be transmitted to offspring, are lurking, do not have any progeny until your blood is purified, and your system restored to health. Use the Blood Renovator and the Anti-Bilious Pills, and become healthy before you farther propagate the race. These will cleanse your system, purify the life of the flesh, and render you better fitted to "multiply and replenish the earth."

If, as has been estimated, there are in a city like this, an abandoned prostitute to every six or seven male adults, busily employed in scattering the venereal diseases; and if, (as is really the case,) two-thirds of the people before marriage practice self-pollution, and more or less impair the strength of their systems; and if these take no steps to make themselves whole before they beget offspring, how, in the name of reason, can insanity, idiocy, and consumption be prevented?

Turn from evil and destructive habits, violate no physical law, marry early, and study purity, virtue, temperance, and holiness, and thy days shall be many and happy upon the earth. Let the licentious, the glutton, and all in danger of imparting infirmities to their children, read the following from the Good Book:—

"He that begetteth a fool, doeth it to his sorrow." "A foolish son is grief to his father, and bitterness to her that bare him." "But fools despise wisdom and instruction." Wherefore "incline thine ear unto wisdom, and apply thine heart to understanding;" "drink waters out of thine own cistern, and running waters out of thine own well": "rejoice with the wife of thy youth, let her be as the loving hind and the pleasant roe; let her breasts satisfy thee at all times, and be thou ravished always with her love"—that "thou mourn not at the last, when thy flesh and thy body are consumed," and thy children filled with disease, "and say, How have I hated instruction, and my heart despised reproof; and have not obeyed the voice of teachers, nor inclined mine ear to them that instructed me."—Proverbs.

### INFANTILE DEATHS—CAUSE AND PREVENTION.

THE causes of deaths of infants are exposure to cold, croup, dysentery, teething, bad milk and food, attempts to abort by the mother, miscarriage previously, nursing to prevent pregnancy, inflammation or dropsy of the brain, grub in the head or liver of the child, and many other causes, all of which should be carefully guarded against.

To preserve the life of your children, in infancy, see that they have sufficient warmth, pure milk and good food; do not nurse longer than ten or twelve months; let the child be carefully exercised, the father abstain from intercourse during the period of nursing, unless he use the Male Safe—for if nursing will prevent pregnancy, it must affect and derange the milk of the mother, from whence sickness will follow to the child; assist teething by cutting the gums; do not let worms accumulate too largely in the child; check bowel complaints without delay; never strike the child on the head; never dose it with powerful drugs; never put it into strong sleep with paregoric or laudanum; do not rock or swing your child too much.

To prevent still-born or premature births, keep the womb and general health in good condition; avoid heavy skirts, long walks, hard work, lifting, &c.

About two-thirds of the entire mortality of the world is of children under five years of age. The ratio of deaths is 1 to 3 under one year of age, and 1 to 8 from

one to two years of age. The months giving the greatest number of infantile deaths are July and August—mostly of bowel complaints. [For these use the Dysentery Specific.] Next in this list stand January, February, and March, when the major portion of fatality occurs from croup, colds, inflammations, convulsions and fevers, the results of the cold weather.

May, June and July seem to be the most favorable months for child-birth, as regards the life of the infant. Children born in these months seem to have a better chance to survive past the days of infancy. The weather favors the tender plant and aids it to attain strength and power to better withstand the shocks its system encounters. More births also occur in these months than in the same number or cold ones.

If statistics were presented of the mortality of children during the warm weather, on one side, and during the cold on the other, we should see that the greatest number of deaths was in the cold months. This shows the importance of a proper degree of warmth for the child. The infant is helpless and inactive, and is therefore incapacitated to generate heat by exercise and increased respiration. All animals or fowls that are active or capable of action while young, are better prepared to resist the influences of cold, as exercise and respiration generate animal heat. Ducks and geese have a temperature of 100 to 107 degrees; the sea-gull has 112, and they are more active when young, and their lungs are larger in proportion to the size of the body than those of a man. The heat of the human body is 97 degrees; but in the newly-born child, at the arm-pits, it is but 80 degrees.

The younger the child is, the more readily does it become chilled; there is more demand for external heat in early life, when the supply from the system itself is limited. A pale and shrunken aspect, with cold hands and arms, will often appear in the infant, arising from cold, when no sensation of cold is experienced by the adult. And yet parents often keep much less warmth upon their young children than upon themselves.

Children are often injured by being kept to sleep without sufficient warmth. Neither the infant or the adult breathe so frequently when asleep as when awake; and the effect of this is, a less degree of animal heat. The heat of the adult while asleep is 95 degrees—while awake, 97. The same difference will be manifest in the infant; consequently both require more clothes when asleep than when awake. A French author informs us that out of 100 infants born during the months of January and February, 66 die in the first month after birth, and 15 in the course of the year, leaving but 19 survivors; that of 100 born in the spring, 48 live beyond the first year, and that of 100 born in the summer, 83 live through the year. In Russia a similar result was shown; 600 deaths in 1000 in some places, owing to the cold, says Hevriman in his statistics on the mortality of children, occurring in the first month after birth in the winter season.

A prolific source of the deaths of children in cities may be found in the filthy and poisonous dust that sweeps up and down the streets with every blast, filling the mouth, throat and lungs with its offensive and disease-breeding particles. Children seldom guard themselves against this prolific source of death, and consequently many of them have consumption and inflammations of the lungs and throat produced by it, and are swept into the grave. In 1851 there were 1316 deaths in New York from inflammations of the lungs and throat, four-sevenths or 752 of which were children under five years of age. Many of these deaths were induced *immediately* by the dust and



filth in our streets; and how many of deaths by other causes, inflammations in the head, &c., had their foundation in the same filth, it is impossible to say.

The number of deaths of children under ten years of age, by consumption, in the same time was 366, many of which, also, are chargeable upon the dusty filth of our streets—a destructive compound of fine stone, iron dust, powdered manure, decomposed animal and vegetable matters, and other elements, ground together by the hoofs of horses and the boots of men, and mixed up with urine, tobacco juice, poisons from sores and expectorated matter, vomiting of drunkards and other nauseating liquid substances.

Another cause of infantile deaths, to which I would direct your particular attention, is atrophy. By examination of New York city reports for the years 1848, 1849, 1850 and 1851, I find that there occurred 385 deaths from atrophy. These cases, for the most part, arose from congenital syphilis—a disease of prostitution—nearly all of the deaths being of children under two years of age. They show that secondary syphilis was in the blood and bones of one or the other of the parents, as the effect of prostitution of the mother or cohabitation with prostitutes of the father! As women in these days are in the habit of nursing their children nearly two years, to prevent pregnancy, and the husbands meanwhile have intercourse with both the prostitute and their own wives, it is not to be wondered at that the child nurses death from the bosom of its mother; in whom it has been sown by the husband, and thence taken up by the blood and conveyed into the natural food of the infant. The deaths from this source will not seem strange when we know that in the last two years there have occurred in this city 58 deaths by lues venerea, growing out of prostitution—the victims of which have not only suffered themselves, but have sown the seeds of death for their offspring. These deaths alone, to say nothing of consumptive and other invalids from the same source, are enough to demand that the people should arise and banish prostitution from our midst.

If these deaths are to be attributed to the male, (as the most of them must be,) it may be seen that if he had avoided the house of the harlot in the first place, or, being diseased, had made use of the French Male Safe, this sacrifice of infantile life would have been avoided.

At first thought, it may seem that there would be a greater number of deaths of infants in the warm than in the cold months, but statistics show us that this is not the case. The reason I have shown to be, inattention in many instances to the exposures of the child to cold, and ignorance of the laws of its well-being. I shall hope that those who may read this work and are by heaven blessed with children, will give more attention to the rules and the facts here presented for their consideration.

#### COMPARISON OF DEATHS OF MALES AND FEMALES.

From statistics of New York and Massachusetts, and other States, it appears that the mortality of male children is greater than that of females. The number of cases where the fetus is a male considerably exceeds the number of females. The excess of conception of males, over that of females, according to the reports made in New York, is 2650 in a total of 23,530; or about 14 males to 11 females. The proportion of still-born and premature births of male children is about as 4 to 3 females; and of deaths of children the preponderance of males over females

is the same. Thus in a given time, the number of still-born and premature births in New York was 3605 males to 2754 females; the number of deaths of children in a given time, 8172 males to 6177 females. The same law exists in adult life; out of 7675 deaths of adults in New York, there were 4003 males to 3672 females. This law so generally prevails that, notwithstanding the greater number of male conceptions and of births of males, the female population in New York is found by census returns to exceed the males, by 7477, or 26 females to 25 males.

From this we may see that the probability of life of the female foetus is better than that of the male. The reason for this is the greater height and size of the male foetus and the consequent greater danger of its death at birth. The average weight of the male child at birth is 7.06 pounds, of the female 6.42; the average height of males 1.64 feet, of females 1.61.

Why the mortality of male children should so greatly preponderate over the mortality of females, as is shown to be the case, has never yet been explained; and I know not to what to refer it, unless it be that the female child is better fitted by nature to endure the ills of infancy, is not so tender, nor so liable to disease—as I believe is the case. This better chance of life continues with the female to puberty, for the reason I have given.

The higher rate of mortality in male adults is owing to several obvious causes. Of these, greater exposure to accidents is one; thus the deaths in New York resulting from casualties, in a given time, were 179, only 24 of which were females; by drowning, there were 162 deaths, only 15 of which were females. Besides the greater liability to accidents, the males plunge more generally into the various dissipations that lead to disease and death, particularly intemperance in using ardent spirits. They are more given to self-abuse than females, they indulge in excessive sexuality to a greater degree, confining themselves less to the one companion at home. They do not marry so early, and from this fact the chance of long life is lessened, as we have shown elsewhere in this work. These and other causes combine together to make the number of adult male deaths greater than those of females.

From the statistics here given, it will appear that, notwithstanding the dangers to life resulting from conception and child-birth, the chances of the female to attain to maturity are considerably better than those of the male; although such would not be generally supposed to be the case. And these statistics also show, that, were it not that men more generally indulged in the dissipations of society than females, and thus decreased the numbers of their sex—thwarting the purpose of nature in this respect, there would be in all the years from puberty to a ripe old age, an almost wonderful equality in the numbers of the two sexes; which plainly says there shall be one man for one woman, one woman for one man, and no polygamy, prostitution, or other kindred evils.

### EAT, DRINK, AND BE MERRY;

BUT whatsoever you eat or drink, see that it is clean, fresh, unadulterated, unpoisoned, uncorrupted; and you will have added to life, health and length of days. Never eat to gluttony; never drink to drunkenness; whether you pay much or little for what you eat or drink, commit no sin for thy stomach's sake, but eat and

drink with moderation. Do not partake of too great a variety. Study ease, temperance, and moderation, and show thyself a vessel of honor rather than dishonor. Never eat food half cooked, for such the gastric secretion of the stomach acts upon but feebly.

Jesus said unto the man sick with palsy—"Be of good cheer; to the fearful, "Be of good cheer;" to the troubled in mind, "Be of good cheer;" "In me ye might have peace—in the world tribulation; but be of good cheer." Paul said, "I exhort you to be of good cheer." Solomon said, "Better is a dinner of herbs where love is, than the stalled ox and hatred therewith."—"A merry heart maketh a cheerful countenance; but by sorrow of heart the spirit is broken." I would say to all my readers, "Be of good cheer." Does not the stomach of the dyspeptic, in its desire for food of the right kind, sanction this language:—for cheerfulness and love assist digestion, but hatred and other bad passions retard it.

The sick, the fearful, the discouraged, and even the dying, should be of good cheer. If one die in the Lord, he may be of good cheer in the hope of a glorious eternity; and if he be to live, the hope of health and happiness should make him of good cheer always. Whatever your condition, let me commend this to you as a comfort and an antidote against consumption and many other diseases.

Christ, the master physician for diseases of both body and soul, exhorted to cheerfulness. "Let your heart be cheerful, let none cast you down." If sick, take new courage, in the hope of a restoration to health; for "all things are possible with God." "Bring out the fatted calf and kill it—eat, drink and be merry; for it is meet that we should make merry and be glad." "Is any among you afflicted?—let him pray." "Is any merry,—let him sing psalms." "A merry heart doeth good like a medicine; but a broken spirit drieth the bones." "Go thy way, eat thy bread with joy, and drink thy wine with a merry heart."

Such, my readers, is the language of Scripture upon this subject. And in concord therewith, I might pile up for you physiological proof as high as the mountains and immovable as the everlasting hills; but I consider the necessity of cheerfulness, proper mirthfulness, music, song, and dance to be self-evident to all reasonable men, in order that health, happiness, and long life may fall to the lot of man upon the earth which God has given him for an inheritance. All the face of nature smiles and is cheerful; the beasts and the birds make merry; why then should not the heart of man rejoice and his soul take comfort and be glad? That it should be so is evident: therefore, it will need no further illustration.

### BATHING IN COLD WATER,

In fevers, nervous and rheumatic irritation, and diseases of a consumptive character, is healthful and excellent. It imparts vigor to body and mind. An occasional ablution, by imparting cleanliness, gives a healthy condition to the skin, opens the pores of the flesh, and encourages perspiration—which is important for the maintenance of health. Five-eighths of the food and drink taken into the system escape, when the health is good, through the pores of the flesh, in the form of vapory waste or effete matter. When the pores are closed by dirt, fevers, oils upon the skin, or in other ways, so that the waste matter cannot escape in the natural way, it is thrown back upon the system, deranging the action of the heart, lungs, bowels, and kidneys.



Bathing in cold or tepid water, with the room at a comfortable temperature, is of much importance; but this, like other good things, should not be carried to excess, as is often the case. From one to three times a week is fully enough. After coming from the water, rub yourself well with a piece of flannel. The rubbing will be of as much service as the bathing.

Cleanliness of the skin, as well as a healthy and vigorous action, are indispensable alike to moral purity and intellectual vigor. Vicious persons are generally filthy in person, and one of the first steps to moral elevation is physical ablution. To keep the skin clean is as important as to supply food to the stomach.

I would not recommend bathing *daily* to any person. It may be making too much of a good thing: it will weaken and dissolve the skin, and waste the flesh. and if you bathe two or three times a day, the probable effect will be to give you a weak and watery blood, a clammy or slimy perspiration, general emaciation, feebleness and consumption.

Never bathe too long at a time. Do not have your water too hot or too cold, unless it is used so for medicinal purposes, and is known to suit your constitution and condition. Avoid cold, shower or plunge baths, unless you are very robust and healthy, and even then rubbing with a coarse towel wet in water is to be preferred.

In bathing, every person must be guided by reason and the results of his experience, with regard to the temperature of the water. No rule can be laid down which will be proper for every one to follow, any more than we can fix the amount of food a man requires. Be governed by common sense, comfort and agreeable feelings.

Water, warm or cold, is a powerful dissolvent, and is of great medicinal value, when judiciously used. But there are *extremes* in its use, which all should avoid. Bathing, like dieting, has saved many lives, and it has caused many deaths. There are various methods of receiving a bath—use that which best agrees with you.

A sponge is a poor thing to rub with—use a linen cloth, and rub the body well both before and after bathing. In the morning, or just before going to bed, are the most judicious hours for a bath, though it may be taken at any time except soon after eating. A bath after meals tends to a disturbance of the digestion.

Cloths wet in cold or hot water are highly efficacious applied in inflammations, fevers, pains, sore throat, bronchitis, pleurisy, head-ache, rush of blood to the head, rheumatism, quinsy, croup, and many other complaints. They should not, however, be worn if the person is out of doors, in the cold.

I cannot recommend bathing as a cure-all, as some "cold-water doctors" do; it is absurd to suppose that every "ill that flesh is heir to" can be driven away by water simply. But I would by no means condemn its use. Water, used for cleanliness, and in the way of occasional baths, and by the application of wet cloths, is often a most valuable assistant in the cure of disease, and in almost all conditions of the body it may be applied with good results, if used wisely, temperately, and with a correct knowledge of its effects.

Bathing the head with cold water, and snuffing it into the nose, will be found to be good for weak eyes, and in the relief of head-ache, dizziness and catarrh.

In cases of chill from cold water bathing, the German Ointment will be found excellent, when rubbed on the bowels or chest, to produce a reaction and necessary

warmth, and set the blood in active motion. Also in cases of croup, colic, and pains induced by bathing, it may be used with efficacious results.

The first effects of the cold bath are to contract the body, raise the bulbs of the hair, and make the skin resemble a newly-plucked goose. Considerable debility and tremor ensue; a sense of weight is felt in the head; the respiration is quick and laborious. These appearances are followed by a very different series. A glow returns to the surface, the weight in the head is relieved, and every function is carried on with increased activity. But if the person stay for a longer period in the cold bath, the glow will be slighter and soon disappear, and every previous symptom of debility will return and continue. If the immersions are at due intervals repeated, and the stay in the bath be not improperly continued, the general health and spirits are greatly improved, the different necessary evacuations properly carried on and supported, and the body and mind appear to act with increased vigor.

But, according to the arrangement of this remedy, we may secure very different and opposite effects. A sudden change in the determination of the blood and nervous power, which the cold bath effects, will produce a very different result from the continued, and this again from the repeated application; a distinction necessary to be attended to in treating the different diseases with the application of cold water.

The repeated action of cold bathing affords numerous opportunities of relieving some of the most obstinate and troublesome diseases to which the human frame is subject. Every complaint arising from debility in its varied forms and numerous consequences often yields to this remedy.

Bathing in the sea is preferable, as the heat is more uniform, the water more refreshing, from its agitation, and the salt acts as a stimulus.

One form of cold bath is the *cold air bath*. This consists in exposing the body for a few minutes to the cold air, partly secured by a loose dressing gown. With prudent precautions this practice may be useful, and even salutary. The effects will depend on the heat of the atmosphere and the temperature of the body when exposed.

The custom of bathing, so essential to cleanliness, was undoubtedly first practised in hot countries, and in the open air; but the refinements of civilization, and the wants of man removed from streams proper for this service, have made it a household affair.

The Egyptians, of the highest rank, were accustomed to bathe in the Nile. Among the Hebrews, it was a civil law that the bath should be used; and with the Mohamedans, ablution is a part and parcel of religion. The Egyptians, the Greeks, and the Romans, as they arose to civilization, erected public baths, some of which among the latter people were decorated with the greatest splendor.

In Oriental countries, the place of greatest attraction is the summer bath. With those who can afford it, it comprises everything of seclusion, elegance and luxurious enjoyment. The bath of the Eastern man of wealth and taste, is a vast marble basin, or pool of pure water, through which flows a stream. This is surrounded by rose trees and shrubs of sweet perfume, which often cast their quivering shade over the bright and limpid waters. Around the whole of this is built a building, generally of two ranges of chambers, one above the other, looking towards the bath, which are furnished with every refinement of the harem that the master can afford. These are for the use of the ladies, where they undress and

repose before and after bathing. The master frequently takes his noon-day repose in one of the upper chambers which encircle the bath, from whence he views the beauties of his harem. From such a bath-court, it is supposed by commentators, the beautiful Bathsheba was seen by David. Walking at even-tide on the roof of his palace, to overlook his royal wives in the bath, he discovered the voluptuous wife of Uriah the Hittite, who was probably visiting the women of the king.

The Hindoos make use of the cold water bath to refresh them after labor. They do not plunge into the water, but, sitting on their horses, naked, except a small strip about the loins, a servant, or companion, pours water upon them till they are refreshed.

In Cairo, the women make a visit to the bath a kind of holiday, and display the richest dress and jewels they can command; strangers enter into family gossip with each other, and frequently a mother chooses a wife for her son from among the bathers. In cases of marriage, or of a circumcision, when there is a family festival, an entire bath is hired for a party; a feast of sweetmeats and coffee is provided, and female singers engaged to amuse the company.

#### ABDOMINAL SUPPORTER.

THE use of these articles is very apt to cause spinal diseases and weaknesses; they do more harm than good in most cases, although they have been most elaborately puffed up by those pecuniarily interested in their sale, and who did not care whether they did harm or good, so long as there was a market for them. Sometimes, however, their use is beneficial.

I have never yet found any support to any part of the system equal to that given by the possession of good rich blood. Cases would be hard to find where a person having a pure, healthy blood would require the aid of an abdominal supporter.

Mechanical supports of any kind, by causing an inaction of the muscles, render them thin, and enfeeble them, and unfit them for the performance of the duties required. If the hand is not used at all, it will become weak—if proper exercise is given to its muscles, it will be strong. The eye, the ear, or any other organ, will become weak if it has no action.

There are many kinds of supporters (all acting on nearly the same principle), each sort having claimed for it by its manufacturer a superiority over all others. I keep a stock of these articles, selected from among the best in use, though I seldom have occasion to use them, and then generally for only a short time. Cases of falling of the womb are the most general ones where the supporter can be used. And even in these cases, I will say that I have never met with one that I could not cure in a few days with a simple herb tea, and the lady keep about the house during the time.

The worst of all supporters are the internal uterine supporters. If any lady would ever recover her health, from the falling of the womb, and would bear children, let her avoid the use of this article; for there never was a case that needed one—there never was a case that could not be better cured without it than with it.

Let the ladies lay off eight or ten extra skirts, cease fastening their skirts around the waist instead of by straps over the shoulders, and there would be but little use for mechanical supporters. It is heavy skirts, bad fashions of dress, and a great



deal of running up and down stairs, that produce weakness and falling of the womb. So much going up and down stairs as ladies have to encounter in large cities is very bad. No woman can do it long and be healthy. So far as is possible, their work should be on the same floor.

Should any of my readers be in need of a supporter, they can always obtain the best kinds by applying, by letter or otherwise, to my office. If a supporter aids your health or adds to your comfort, use it, by all means; for your health is your fortune; and it does not so much matter what you use, provided you gain health. But as I feel confident that I can cure almost all cases of falling of the womb better without using a supporter than with one, I cannot recommend people to incur the extra expense of buying them. Ladies troubled with falling of the womb and weaknesses of the genital organs, will find (in cases where they cannot apply personally to me) a cure resulting in almost all instances from the use of the Blood Renovator, the Water Regulator, the Female Wash, and the German Ointment, which can be had by writing to me in New York, or of druggists generally.

#### CUSTOMS AND FASHIONS OF DRESS.

THERE is much greater necessity of the proper and healthful arrangement of the habiliments of the female than the male, inasmuch as the welfare of offspring is much more dependant upon her than upon the man. The female has the charge, the nourishing before and after birth, and the bringing into the world, of the child; and if, by indulgence in foolish habits or fashions of dress, she so deforms her person as to injure the unborn babe, a great sin must ever lie at her door.

Nothing can interest a nation more than the fashions and habits which are to determine upon the health and character of its succeeding generation. Any practice, the obvious tendency of which is to sicken, enfeeble, and degenerate females and the coming generation, should be looked at with dread, and repelled with indignation. Our bills of infantile mortality (see Infantile Deaths) are truly astonishing in their numbers. They show great wrong flowing from many sources (of which this we are now speaking of is one), the sin of which will be laid at the doors of those who cause it.

It would seem as if women in almost all ages had been hampered, or had hampered themselves, with garments not at all fitted to give comfort and health. The most extravagant, outlandish, ungainly, ill-fitting and unhealthy costumes have succeeded each other in turn, with but very few fashions that comfort, convenience, and health could honestly sanction. If, at any time, one portion of the dress has been such as an honest and capable physician—one who understands the laws of life and health—could recommend, another portion has been decidedly prejudicial to the welfare of the woman, and doubly so to the children she might nourish in her womb. That millions of the fairest and most lovely of all the creations of God—His last, best and most perfect work—have been carried to premature graves, the self-sacrificed victims of irrational fashions of dress, is a fact beyond dispute. And that still more millions of human beings have either died before or at birth, or have lived but a short time, the victims of the same folly in their mothers, is also a fact that no observing physician will for a moment gainsay.

In this region of the world, the fashion of dress is in daily fluctuation; and the

ingenuity of the manufacturers is constantly taxed to develop some new phases in its appearance, as an incentive to the devotees to purchase. In the Eastern countries there is and has ever been, a greater uniformity in the style of dress, though it differs essentially in different nations. The greater part of their garments are long and flowing, loosely cast about the body, consisting chiefly of a large piece of cloth. The refinements of modern Western civilization would not tolerate such habiliments; but they are well adapted for use in hot climates, are more healthy, and have more dignity and gracefulness of appearance than belongs to the garments generally worn in this part of the world.

The dress of the modern Arab corresponds very nearly to that worn in ancient times by the people of the Eastern countries. It is a blanket, usually six yards long and five or six feet broad, and serves as a complete dress by day and a covering by night. The women among the Turks and Arabs wear drawers: unmarried women are distinguished from the matrons by having their drawers made of needle-work, striped silk, or linen. When they appear in public, they fold themselves up closely in a kind of cape, so that very little of their faces can be seen; and in addition to this generally wear a veil, which completely hides the face from view. This veil, in some countries, reaches nearly to the feet. Thus are the ladies trammelled in their dress; but not to the injurious extent practised in modern times among the nations of Christendom.

Did space allow, we might give the reader particular accounts of the various extravagant, outlandish, and disease-breeding fashions of clothing that have from time to time prevailed in this country and in Europe. At one time there have been enormous head-dresses, that would distort the neck; at another, high-heeled shoes, to turn the feet and ankles to deformity; at another, dresses with immense hoops at the bottom, so magnificent in point of circumference as to be an effectual barrier against the close approach of an admirer; at another, lacing of the waist to a wasp-like smallness; at another, disfiguring rolls of cotton or bran, called bustles, worn with the folly of attempting to improve upon the beautiful handiwork of Nature; at another, an enormous load of skirts, to weigh down upon the bowels; and further, and among the worst of all fashions, and the most enduring, shoes of little better than gossamer materials, which afford scarcely the slightest protection against the mud, snow, and wet that prevail for a good part of the year in Northern countries; and with these, dresses, in the cold weather of winter, which, in the satirical language of Voltaire, are "cut off too late at the top and too early at the bottom;" and many other mischievous and unhealthy modes of dress have prevailed, too numerous to mention, and too pernicious in their effects upon the race to be worn without sin in the eyes of the Deity.

The person should be protected and kept in uniform temperature by clothing of the right kind, and worn at such times or seasons, in such manner, and in such quantities as are best adapted to *promote health*; and not as now, in obedience to the beck of fashion, or the law of carelessness. Disease should not be allowed to invade the system by means of too much or too little clothing, or through any other defect or imperfection; but each person should wear just such clothing, at all times, as will involve the least risk, and produce the greatest vigor and personal enjoyment. But so far from taking pains to obey natural laws upon this subject, people labor directly to the contrary, and wear and endure that style and cut of garments that they *know* to be injurious to health!

In an article on Consumption, alluding to the modern modes of female dress, Dr. Dixon, at page 112 of vol. i. of the *Scalpel*, says:—"When we reflect upon the insane adherence to fashion in our country, and the total want of that knowledge that would compel precautionary measures, why should it not be so? It is a part of an American female's education to wear tight dresses and thin shoes; she esteems herself, at least temporarily, degraded, if she does not do it. What becomes of the blood—that is, of four or five pounds out of the twenty-five she has in her body—when it is driven from her extremities by cold upon the heart and lungs? These organs struggle to overcome their bonds, and to pass it through the lungs fast enough to preserve the balance of the circulation, but they must fail; a dozen powerful hooks and eyes, if not a corset to boot—and one is just as bad as the other—resist the efforts of the muscles to raise the ribs, and the delicate blood-vessels lining the bronchia, tender from congestion, give way here and there, and she spits blood; it is merciful she does; it had better come out than remain in the substance of the lungs."

On pages 250, 251, and 252 of the *Scalpel*, treating of the evils of fashion, a pointed writer says:—"The exposure of the neck and chest, so common in the ranks of fashion, is as injurious to the health of the body as to the purity of the soul. Diseases of the throat, the lungs, and the heart, are the necessary consequences, and thousands of the fairest of the fair are annually the victims of consumption from this cause alone.

"The practice of tight lacing, or dressing, obstructs the circulation in the muscles, and thus hinders their growth and development. The consequence of this is, that the whole of the trunk is weak, requiring support, and liable to give way upon being exposed to the ordinary endurances of domestic life.

"To diminish the space for the movement of the lungs, (which tight lacing effectually performs,) is to deprive them of a part of their function. If the lungs are prevented from spreading out their surfaces to the action of the air, less of good blood is made than is required for the purposes of life, and the whole of the organization becomes feeble, and the functions defective. Those portions of the lungs which are obstructed in their functions become debilitated and absorbed. There is, therefore, less lung than is natural, and that is diseased. Hence, there is a sufficient foundation laid for the supervention of consumption, dropsy, and diseases of the heart and lungs.

"If the lungs have not room enough to play, they will force other organs out of their place in their efforts to obtain it. The heart, deprived of comfortable space for its movements, will palpitate, and be irregular in its action, and diseased in its substance. The stomach will be pressed down out of its place by the superincumbent diaphragm, and the substance of the organ diseased, while its function of digestion will be disturbed. Indeed, the whole of the viscera of the abdomen will be pressed out of place, and disturbed, more or less.

"There are, however, two parts towards which the pressure is usually most injuriously directed—the womb, and the last portion of the bowel. The cavity in which these organs are placed, is covered in with muscles, which are capable of, and intended for contracting and dilating. They resist pressure to a certain extent, but after that they give way and stretch, losing their elasticity. Is it extraordinary that so many cases of prolapsus of the uterus and rectum should occur? A fashionable pair of corsets will add to the weight of resistance in the abdomen from ten to thirty



pounds: what wonder if something give way? It would be a wonder if something did not.

"Upon the point of *beauty* involved in this matter, we may remark that the laws of beauty are the laws of nature. There is, therefore, no room for the argument, that the beauty of a woman requires this pressure, for this is to pass by unheeded the great principle that we are to learn from Nature, not to teach her. [See Frontispiece—Man and Woman.]

"A *fashionable* woman cannot have her maternal organs in a state of health, and therefore all the functions appertaining to those modes of her existence will necessarily be accompanied with inconvenience and pain. The functions of gestation, parturition, and lactation, are performed with debilitated and diseased organs; and from the necessity of the case, must be disordered and disturbed."

The female dress of the present time, as it is worn among us, is not fitted for health, convenience, lightness, proper warmth, or the welfare of the offspring. Her skirts, coffee-sacks, and heavy luggage, worn to give what is styled beauty and gracefulness, and her show of goods in the form of long dresses, are anything but productive of health to herself and child. The lower extremities of females, in the prevalent fashion of dress, are much exposed to cold; her garments, fastened about the waist, are generally cumbersome, and drag down the bowels. She indulges in thin shoes, thin dresses, thin bonnets, low-necked and short-sleeved outer garments in improper seasons of the year,—when the cold winds chill the blood, and predispose to consumption. And thus she becomes diseased and enfeebled, and is rendered incompetent to produce or nourish healthy offspring.

Says Combe: "Female dress errs in one important particular, even when unexceptionable in material and quantity. From the tightness with which it is made to fit on the upper part of the body, not only is the insensible perspiration injudiciously and hurtfully confined, but that free play between the dress and the skin, which is so beneficial in gently stimulating the latter by friction at every movement of the body, is altogether prevented, and the action of the cutaneous nerves and vessels, and consequently the heat generated is less than that which would result from the same dress more loosely worn."

The health of the child being much more dependent, in most cases, upon the condition of the mother than of the father, greater care should be taken to have her dress such as would not induce ill health. But this is not the case. The reverse is true! The body and the mind are enfeebled and diseased by seeking the vanities of fashion, rather than obeying the laws of life and health. The richest gift of God to the race—the power of man and woman to procreate the divine image—is thwarted in its action, if not annulled, by obedience to the follies of fashion in tight lacing, wearing thin shoes, and other like contrivances for shortening the span of human life.

As a striking evidence of the ill effects of the present female costume, we may point to the fact, that the Indian women of our country, when living in their natural state, are never troubled with those female weaknesses peculiar to the fashionable lady. The back and bowels of the Indian woman are never subject to the diseases common to the ladies living in *civilized* countries; and what the Indian woman is in this respect, the white woman might be, if she would study and abide by the laws of life and health.

The honor of the redemption of the world, through the agency of flesh and blood, is due to woman; and if woman can redeem a fallen world, can she not redeem her

sex from the evils of fashionable dressing, which hastens early consumption. A united action of the ladies could change or modify the female dress, so as to greatly promote the health and longevity of the sex.

The most essential objection to be made by the males against a change in the present female costume, will arise from a supposition that a new style will encroach upon the fashion of the male sex so closely as to prevent detection of the sexes. Therefore, if the ladies change their style of dress, they should not fail to wear some external sign by which they may be always known. There cannot be too much caution exercised about adopting such a fashion as would attract the too earnest gaze of the opposite sex; and if the present dress should be shortened, the extremities should be so clothed as to afford no extra attraction for the gazer.

Woman by nature is a source of great comfort and happiness to man. Her winning smiles, sweet songs, rosy cheeks, ruby lips, loving eyes, and beautiful form are to him fountains of exquisite enjoyment. Why should she detract from her charms? why blast herself by consumption?—why ruin her own prospects in life?—why make broken-hearted mourners of parents, husbands, brothers, sisters and friends, for the sake of following in the footsteps of fashion? But these she does, by improper modes of dress, which take health and strength from the womb and bowels, life from the eye, color from the cheek, elasticity from the step, vigor from the muscles, vivacity from the mind and loveliness from the spirits, and hasten her to the grave of the consumptive.

A sickly, broken-backed, fallen-bowed, hollow-voiced, sunken-eyed, sallow-complexioned, emaciated and consumptive nation of females, slaves to foolish fashions, is a grievous subject to contemplate; for such are not only a curse to themselves but to those who shall come after them; a libel on the original creation of God; degenerators of the race; a disgrace to a reasonable, intelligent, civilized and wise people, whose improvements in every work, save in that of caring for human health, outshine all the past generations of the world.

Our country is flooded with stays, abdominal and uterine supporters, &c., ribbing the woman around as barrels are ribbed with the hoops of the cooper—which serve generally to deform the frame, disease the parts, and make the condition of the wearer worse instead of better. By the adoption of some different mode of dress, and by proper attention to health, these articles might be altogether dispensed with, and woman grow up in the original beauty and symmetry designed by nature and God. The effects of tight-lacing and wearing stays to compress the waist, and destroy both health and beauty of form, may be seen in the following cuts, illustrative of artificial and inartificial waists.

If ladies destroy their natural attractiveness, they cannot expect to hold control over or even to influence the men. It has been said that *woman* is the most powerful of all created beings; and, in a certain sense, this is true; at least it was so admitted by the king of the most powerful nation upon earth, who suffered a fair damsel to box his ears—an act that certainly no man would have dared to do. When woman is in health and in full possession of her natural charms, man is her slave, to solicit her favor, her smiles and her love; but when these depart from her, her power departs also, and her influence over man is lost to her for ever.

In view of these considerations, I would suggest a modification in the existing modes of female dress. Let the garments be warm and comfortable about the neck in cold and damp weather; the arms be properly covered, in accordance with the



No. 39.—ARTIFICIAL WAIST.

NATURAL WAIST.

changes of the season; the dress sit free, loose and easy about the chest; corsets and kindred contrivances be abolished; the heavy and burdensome skirts thrown off, and those worn hang from the shoulders by the Suspenders and Shoulder-Brace; no unnatural protuberances attached posteriorly to make amends for a supposed deficiency in the work of nature; no weight or pressure be allowed upon the bowels; the lower extremities be properly clothed and kept warm, and the feet properly protected with thick shoes or boots.

These improvements would save many from diseases of the genital organs—from falling of the womb; from ulcers, tumors and polypuses of the womb; from weaknesses in the back, spinal diseases and numerous other complaints, too numerous to be mentioned here, but by no means so unimportant that every means possible for their prevention should not be embraced with avidity and employed by all.

#### EXPENSE AND LABOR TO PRODUCE CONSUMPTION.

THE extent and fatality of consumption have been subjects for investigation and comment since the first days of medical science; but the *causes* of it have been generally overlooked by writers, so that while physicians have labored for its eradication, the people have been constantly engaged in various ways to propagate the disease. Many of these ways I have spoken of in other parts of this work; I would now direct your attention more particularly to the mode of inducing consumption by the wearing of *stays* and *corsets*.

That you may have some idea of the extent to which ladies are propped up by *stays* and *corsets*, I will submit to you the statistics of the stay and corset making business in the city of Paris. The stay-making business is carried on by 652 principal establishments, which employ 3968 workwomen. The value of the manufac-



ture is five million francs annually; and 1,200,000 corsets are made in Paris annually for exportation!

If to this huge amount we add those made in other parts of the world—at home and abroad,—the sum total would be enormous. Of the extent of the manufacture of these articles in New York, I have not now at hand the means of informing myself; but I know that it is greater than it ought to be, if the health of the people was considered. But we can see from the statistics of Paris to what extent these articles are worn, and I know that hundreds and thousands of females are voluntarily imprisoned in them to the great detriment of their health and often to the production of consumption. A more ingenious method for killing women without exciting their alarm than the use of stays and corsets could not readily be devised; and to their inventors, first that great enemy of life, King Death, should award one of his premiums.

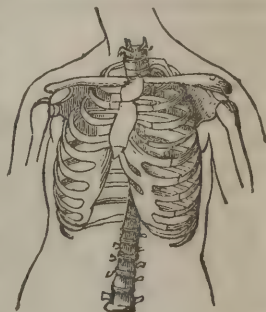
That such enormous sums of money and so much of labor should be expended in the production of articles to kill ladies by degrees, seems strange indeed; but not so strange as that the ladies themselves should purchase and use the very articles that are their destruction, when their greatest happiness lies in the enjoyment of good health. For while the manufacturer makes money of the business, the deluded purchaser is spending her money to procure articles that enfeeble her, and inducing disease that will call for still more money to remove it from her system.

The propriety of giving to the vital organization *free play*, cannot be too strongly enforced; and yet, to-day in civilized life, enlightened people are continually and systematically engaged in cramping the motions of the heart and lungs, and compressing the space in which the machinery of life performs its operations. This cut represents the bust and stomach of a well developed female, as she *would* be if nature were not thwarted.

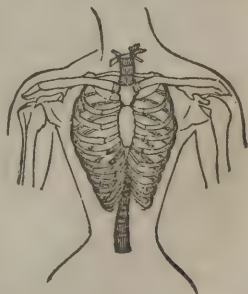
The next cut depicts her as she *too often is*, after being “cabined, cribbed, confined,” by laces and whalebone, corsets and stays.

Is it any wonder that we hear of heart diseases, consumption, dyspepsia, and female weakness, when there is actually no room for healthy pulsation and digestion? The blood made in such a contracted laboratory, must be imperfectly made, and must, therefore, be impure.

Ladies, I would exhort you to leave these instruments of death in the shops where they are exposed for sale. Do not let them come nigh you; for forth from their embrace will spring pains, consumption and death. If you need support, that support must be had through a pure, vigorous and healthy blood, to obtain which, proper habits of living, exercise of various kinds, good food and air, and restorative and invigorating medicines must be had recourse to, instead of compressing corsets and imprisoning stays. [See articles on Air, Diet, Exercise, &c.]



NO. 40.—NATURAL CHEST.



NO. 41.—COMPRESSED CHEST

## VACCINATION—ITS EVILS.

In vaccination great care should be taken to obtain the vaccine matter from a person perfectly free from disease or humors of any kind, or evils of magnitude will arise. The worst cases of scrofula, erysipelas and salt rheum have been given by inoculating for the kine pox; and syphilitic and cancerous humors are frequently communicated in this way, as is also consumption. The matter taken from the inoculation of a person troubled with some disease is almost certain to infuse that disease into the blood of those upon whom it is used. It were much better to have the small-pox than suffer from some of the evil humors inoculated into the blood with impure vaccine matter.

If you wish to vaccinate yourself or your children, be sure that the matter is taken from a child who has a pure blood and healthy system. Adult persons being much more apt to be diseased than children, it is not advisable to take the infectant from them. It is better to get it from the cow, if possible. Distempers in the blood contracted from vaccination are very difficult of eradication; therefore I would advise all to use great caution in this matter. I have had many cases presented to me for examination, arising from this source; and though generally succeeding in restoring the blood to its proper and original state of health, I know that it is not so easy to be done that any one would desire to become diseased in the way I have alluded to.

## DISEASES OF TRADES.

MAN, in his several relations, is assuredly the most extraordinary and interesting being in the universe, for examination and reflection. His splendid and beautiful external form, and the number and complexity of his organs, their harmony and relationship, have from my boyhood up been a theme to me of never-ending gratification and study.

But it has been one thing to view man as created by God, and another to examine him in a morally and physically degraded state. Alas! and whom are we to thank for such a melancholy change? His fellow man—he who should have been the first to have cherished and supported his toiling brother—who should have fed him when hungry, clothed him when naked, and given him drink when thirsty, is, all over the world, found to be his greatest tormentor.

In looking at the miracles of science and art; in looking at the beautiful fabrics of the loom, the hammer, the graver, or the needle, we may forget the thousands in mines, shut from the light of day, and the air of heaven—we may forget the crowded factories, the damp workshops, the empty garrets, the pestilential diseases incident to the industrious. I have in my travels and my practice collected much information connected with the diseases of TRADES and PROFESSIONS, and I will therefore proceed to give a brief view of the agencies which are at work to produce them, hoping that from the inquiry, some improvement may result to those classes of our fellow-creatures.

THE BUTCHER.—Either diseases are multiplied artificially, or they are not. If in-

quiry proves they are, surely self-interest, as well as benevolence, demands a *full* investigation into the causes of the evil. If the negative, I shall rest contented, gratified with the belief that *our* avocations are not injurious, and that the increase of mortality is the infliction of the Creator, not the agency of his creatures.

All who reflect on this subject, it is presumed, will admit that our employments are in a considerable degree injurious to health; at the same time they believe, that the evils cannot be counteracted, and that an investigation of such evils can produce only pain and discontent. From a reference to facts and observation, I am clearly convinced that in many occupations the injurious agents might be removed, or, at all events diminished. Evils are suffered to exist where the means of correction are known and readily supplied. Apathy is the great obstacle to success. But where no adequate remedy immediately presents itself, observation and discussion will rarely fail to discover one. I might even say that the human mind cannot be fairly and perseveringly applied to a subject of this nature, without beneficial results. However, when an evil is continually kept before the public attention, other investigations, or the march of science in other departments, often provide a remedy.

Thousands of lives have been lost by explosions in coal mines, and thousands more would have been added to the list, if the property of gases had not been examined. Yet the miner, doubtless, has often said, before Davy invented his safety lamp, "These explosions are very shocking events, but we cannot prevent them—they are insuperable from the nature of our employment."

Such will ever be the sentiments of those who are either too distrustful of science, or too selfish to investigate the cause of an evil.

I will commence my remarks with those employments whose operations allow the greatest physical perfection. First those of active habits, and whose employment is chiefly in the open air. Butchers claim a priority of position; they live much in the open air, and take strong exercise. Most of the masters ride on horseback to the neighboring markets, and are proverbially known to be fast riders, and good walkers. Butchers and slaughtermen, their wives, children and errand boys, almost all eat fresh meat twice a day. They are plump and rosy, and generally cheerful and good natured. They do not seem subject to such anxieties as the fluctuations of other trades produce, for meat is always in demand. They are subject to few ailments, except those arising from the fulness of the system, or in New York, to the bad air of the markets. Consumptions are rare among this class—while their diet subjects them much less than other businesses to dysentery or cholera. Out of 1000 patients, my average rate of butchers I find to be only about two per cent.

Notwithstanding the favorable circumstances of the butchers, long life is not greater in them than in the majority of employments. In short, until our authorities erect better market stalls and slaughter houses, butchers will have to fight with damp feet and bad air, also with too *high living*, and perhaps *intemperance*.

**CATTLE AND HORSE DEALERS.**—Cattle and horse dealers, leading an active life in the open air, are generally healthy, and would be almost exempt from ordinary maladies, were it not for their habits of irregularity or intemperance. Wet and cold would rarely produce temporary ailments, provided these individuals were careful to keep the *blood clean* and cool, so much is their employment conducive to



health and vigor. But, on the whole, their appearance is at once indicative of a carelessness, or ignorance on this point, and I generally find them deranged about the liver, stomach and blood.

**FISHMONGERS**, or fishermen, are of necessity, greatly exposed to the weather, and its consequences. They appear not to be subject to rheumatism or other inflammatory maladies. Generally hardy, those who are temperate, enjoy health, and those who have some knowledge of physiology, live to a considerable age. Very far different are those who are addicted to intemperance—they are subject to catarrhal, liver and lung complaints, and as a consequence sickly and short-lived.

**CARTERS**.—This class, though exposed to atmospheric vicissitudes and influences, are healthy in proportion to their regularity, temperance, and nourishment. Many of them however are poorly employed and of course poorly paid—many have their employment so very uncertain that it causes them to be improvident and intemperate. Consumptions and rheumatisms are not unfrequent among the poorer portion.

**LABORERS**.—Laborers in this country are better paid, and more healthy than in Europe. Nevertheless, many, being of European birth, are from their habits and imprudences of living, neither properly clad nor fed. They generally congregate in very ill ventilated and noxious apartments and streets, which, with drinking bad liquor, makes them the victims of indigestion, scrofula, ulcers, &c.; and they also suffer from every kind of epidemic which may visit the locality in which they labor or reside.

**OMNIBUS DRIVERS, CABMEN, RAILWAY GUARDS, AND POSTMEN**.—Postmen, or individuals who ride *much* on horseback, have plenty of air and exercise, but the exercise is objectionable. Their position in the saddle is bad, and the arms are used unequally. Hence curvatures of the spine are common among them; they are also subject to *aneurism* of the large vessels of the heart.

The drivers of cabs and omnibuses, have more moderate and equable exercise; but their position subjects them to aneurism of the artery in the arm—omnibus men more, however, than cab drivers. These men generally suffer from disorders of the head and stomach.

Railway guards, are, by the peculiarity of their position, rather irregular in their habits of eating and drinking, and having less muscular exercise than drivers to counteract its effects, suffer more from sickness. In addition to morning sickness, and such other affections indicating impurity of the blood, they are affected with congestion of the abdomen, and of the head, producing apoplexy and palsy. The guards of railways, besides being exposed to loss of life from accidents, suffer much from eye diseases and bronchitis, produced by the dust, and from want of proper treatment. These men generally terminate their labors from blindness or pulmonary consumption.

The atmospheric vicissitudes to which these classes are exposed, are believed to produce rheumatism and inflammation of the lungs. I rather think, however, these complaints would rarely occur if they took some care of their internal machinery. As it is, I have ascertained that the whole class are short livers; they generally die before fifty.

**COACH BUILDERS** may be divided into three classes—carpenters, smiths, and painters. In the first, the only injurious circumstance is the common atmospheric impurity of the town. They work in open sheds, have full and varied exercise, and are regular in their habits. They are consequently healthy, frequently attaining a very advanced age. The smiths, from inhaling smoke, sweltering over hot metal, and violent muscular exercise, drink much, and are irregular in their habits. They suffer from disorders of the stomach and blood, and perish in youth. The painters, steady in their habits, suffer much from the effluvia of the oils, turpentine, and deleterious combinations. They are subject to consumption, liver-complaints and ossification.

**UPHOLSTERERS** suffer from consumption produced by the dust from hair, moss and other articles, used in their business. The greatest care should be taken to keep the hair dust out of the lungs, as it is very poisonous. This class should not allow their workshops to get dusty, nor work in a dusty atmosphere. Many mechanics suffer a great deal from lung diseases induced by working in dusty shops which might be kept clean.

**CARPENTERS, JOINERS, WHEEL AND MILL WRIGHTS.**—As these employments branch off, there is much difference as to their modes of life. That class who fit up the shafts and wheels to convey the power of the steam engines to the machinery, suffer much more mortality than the other divisions, on account of their great intemperance and recklessness. The occupation of the carpenter does not subject him to so much of dampness or of dust as is endured by the mason; although in the pulling down of partitions and houses his lungs suffer considerably. Care should be taken not to innale the dust from plaster in taking down houses. The fine dust in saw-mills and from shavings is very bad to breathe and should be avoided by carpenters. Carpenters generally are quite subject to diseases of the heart.

**COOPERS** are accustomed to good muscular exertion. I have noticed, however, that when boys first enter this employ, the stooping posture and the constant noise, affect the head and the hearing. The hearing is indeed often permanently destroyed, hence we frequently find coopers deaf. The men are also annoyed by pain in the back and loins, the result of stooping, but on the whole the employment is healthy. I have cured many of them of professional complaints, and who now pursue their callings with vigor and pleasure.

**ROPE MAKERS,**—Though they have plenty of exercise, suffer from their stooping posture, and from the dust from hemp and flax, and are troubled with lung, bronchial, and catarrhal affections.

**GARDENERS** are subject also to pulmonary complaints, from their stooping posture, which contracts the chest and lungs; no better method of counteraction exists than my mode of lung exercise.

**PAVIORS** use strong muscular exercise in the open air, and, though much exposed to weather, do not suffer acute maladies therefrom. "As strong as a pavior," is a common expression. Their chief ailment is pains in the loins and kidneys, which

increase with age. It is probably the result of toil, and standing long hours at a time; also the stooping much in the new mode of laying. The German Ointment and Water Regulator will be found invaluable to those troubled.

The next division of the industrious class is into that in which the employments are sedentary and carried on in a confined and impure atmosphere.

It is scarcely necessary for me to repeat that the air of every city or populous town is always in an unnatural state. The excess of carbonic acid gas may possibly be trifling, but our skin and attire prove an abundant admixture of carbonized matter. Even the expectoration of the morning is always more or less charged with it.

Though all dwellers in towns suffer in a greater or lesser degree from the impurity of the atmosphere, yet it is obvious that such as are most crowded together will be chiefly the sufferers, especially if the ventilation be imperfect. A very serious evil of a confined atmosphere is the want of MUSCULAR EXERCISE. Certain classes of muscles are for the space of 12 or 15 hours out of the 24, scarcely moved, and postures maintained injurious to the healthy or natural action of the internal organs.

TAILORS are most unfortunately situated in this instance; sitting all day in a close confined atmosphere, and frequently in a room too crowded, with the legs crossed, and the spine bowed, they can neither have respiration, circulation, nor digestion well carried on. The employment produces disorders of the stomach and bowels—pulmonary consumption and frequent pains in the chest. It is evident from the face, the complexion and gait, that the functions of the stomach are not in good order. We seldom see a well-nourished, healthy tailor—hardly one of well-defined muscle or vigorous form—the spine generally curved—the average measurement of their chests, is from 32 to 34 inches, while that of other artisans is from 35 to 36. The capacity of the lungs, as evinced by measuring the air, is of course less than usual, hence they are generally short-winded.

The evils attendant on the tailoring occupation are frequently increased by evil habits. Like other men whom circumstances have physically depressed, the tailor too often seeks the baneful comfort of ardent spirits. The periods of cessation from work are not devoted to invigorating the frame, but in aggravating his complaints, and converting functional into organic disease.

How can these evils be corrected? Certainly the position of the tailor might be improved. He now sits cross-legged like a Turk, because in the ordinary posture he could not hold a piece of cloth high enough for his eyes to direct the needle, or prevent the seams puckering or drawing. Let a hole be made in the board of the circumference of his body, and let his seat be placed under it: the eyes and hands will then be able to see and direct the needle, while his spine will not be unnaturally curved, and his chest and abdomen will have fair play. Who will be the first to move in this matter?

STAY MAKERS are exposed, though in a less degree, to the same evils as tailors. Though not addicted to intemperance, their health is much impaired by confinement, and life shortened. Their position and occupation generally depresses their spirits so, that drooping into chest complaints and consumption is frequent. They are not long-lived.



**MILLINERS, DRESS MAKERS AND STRAW BONNET MAKERS** are generally crowded together in apartments of disproportioned size, and kept to work for an improper length of time—from 10 to 12 hours daily at least, and in the season of balls or parties often whole nights. Little think, or care, many who do not choose to be disappointed in displaying a new dress or bonnet, of the sufferings of the victims who minister to their vanity, and are perhaps immolated at its shrine. The bent posture in which these girls are compelled to sit, tends to destroy the powers of the digestive organs, as well as the circulation and breathing. Hence girls from the country, fresh, blooming, and plump, soon become pale, emaciated and drooping. The constant direction of the eyes also to minute work speedily destroys the powers of vision, and often leads to blindness, and of course to miserable poverty, unless she happen to be more speedily delivered by consumption, or some other acute disease, or still worse, joins the demoralized throng of her sex who nightly perambulate the pavement. But how is this to be avoided? Simply by firmness, and acting with justice and humanity on the part of the employers, in refusing to permit the work-worn to extend her hours of labor beyond 9 or 10 hours, and providing means for their physical exercise at convenient opportunities.

In stoving and blocking straw bonnets, sulphur is largely used. The fumes in some houses spread through every apartment, and the inmates even sleep in an atmosphere impregnated with these offensive and destructive vapors. Sulphurous gas is dreadfully injurious to the lungs, and in some individuals induces a violent cough and irritation of the mucous membrane of the parts, and if continued, frequently lays the foundation of pulmonary consumption. Were large shallow pans of water placed in the rooms where the process is going on, the water would absorb a very considerable quantity of the impure gas, and thus prevent a shameless waste of human life. What lady bonnet-maker or blocker will set the example?

**BOOKBINDERS AND POCKET-BOOK MAKERS** are not over fatigued with work; no muscles are fixed, nor is the demand on any particular one excessive; the workmen suffer no annoyance except occasionally from a close atmosphere, and from the effluvia of the putrid serum of sheep's blood, which they use as a cement. The selection of this article is unwise, as white of an egg or any other albuminous matter would be quite as affective and not prove obnoxious to the smell. Pocket-book makers in general have good wages and are not compelled to keep late hours. I have been informed, however, that many of them die of consumption, which must be attributed more to intemperance, I am afraid, than the trade. I will thank any of them for further information.

**CARVERS AND GILDERS** are employed in a confined atmosphere, and often in a leaning posture for long periods; hence headaches are frequent amongst them. The workmen have in general a pallid appearance, which would indicate a disordered state of health, and I would therefore advise all who ail to have their cases tested by my Lung Barometer.

**CLOCKMAKERS** have very little objectionable in their occupation; for though making and fitting up are carried on in the house, the posture is varied, and the men have frequently to take excursions into the country to repair clocks; hence from this cause they are in general healthy and long lived.

**WATCHMAKERS** have a much worse employment; they sit all day with the trunk bent forward—the digestive organs almost always suffer, and the lungs are sometimes diseased. The close and continual application, together with the use of powerful glasses, greatly injures the sight. Many youths apprenticed to watch-making are obliged to leave the employment, and few ever arrive at old age.

**COTTON-MILL OPERATIVES.**—This class of persons suffers severely. It is well known that the dust from the cotton acts poisonously upon the lungs of many who inhale it. It affords me happiness to be able to say, however, that in most of the cotton mills throughout the country great pains is taken to keep the dust from cotton from getting into the lungs of the operatives, by daily washings and sweepings, and the enforcement of cleanliness.

Cotton mills are obliged to be kept quite warm, and the greater portion of the sickness among those employed in them is induced by going out of the warm mill into the cold air in all sorts of weather, while perspiring, without proper clothing and shoes; and by too little time given them at their meals, and the number of hours they are kept at work.

The stomach suffers seriously where too little time is given to properly masticate the food before it is swallowed. And the working of young children twelve to fifteen hours in the twenty-four, (as is often done,) month in and month out, in hot and ill-ventilated mills, and allowing them scarcely time to eat, and altogether too little rest and sleep, is cruel and barbarous, a disgrace to the people and the nation where such a system is tolerated. In all instances of this kind, the legislatures of our States should enforce a ten hour law, as a protection for the operative physically and mentally, as well as a protection to the pockets of the tax-payers of the country.

Over labor, particularly of the young, is a prolific cause of debility, dyspepsia, idiocy and consumption, as well as a great source of ignorance and mental imbecility. It is the *duty* of all governments to protect the health, the labor and the education of its laboring classes; for therein lie the real greatness and power of the nation. This should be the first and grand object; but too often it is altogether neglected, and invalids are manufactured to tax the community and fill the graves of the consumptive.

Generally, the most important persons thus oppressed by long labor and ill-pay, are the females, whose purity of heart, virtue, and kindly affections, upon which the health and happiness of the future generations in great measure depend, are destroyed. Often this class of persons is forced to want, or driven, to escape therefrom, into prostitution, and to disease and loathsome death. They should be protected in their labor, and encouraged to preserve their purity, virtue, and loveliness of mind.

The Bible, whose admonitions and commands we as a people pretend to honor and obey, declares that "*the laborer is worthy of his hire*," and they who "will not work shall not eat." And this doctrine should be so far enforced among us that at least the poor should be protected in health and enjoy the rewards of their toil. And if legislators will not attend to this matter, and pass laws to protect the laborer and the country against the oppressions of capital, they should not only be kicked out of office, but should not receive one dollar for their services: their services deserve no pay, for they are worse than no services at all. Let us have laws for the benefit of the *people*, or we had as well have none.

**PRINTERS.**—Probably no class of mechanics suffer more from the evils surrounding their occupation than printers; certainly none die so early; particularly that branch called *compositors*, and especially those who work on "morning papers." These men put themselves to an almost certain death. The material of which type is composed contains antimony; it is poisonous to the system—many have died directly from the effect of the type put in the mouth. This, however, as they are not obliged to do it, should be carefully avoided.

Any one who will visit the composing room of a morning, or of an evening paper in large cities, will not wonder that printers die young. Generally the highest room in some tall building is used for type-setting, and it almost always has a low ceiling. Here the compositors are placed about as thick as they can work. That the type may be fingered readily, a comfortable temperature of both the hands and the metal is required, so that the room must be kept quite warm in the cold months; and this is generally effected by coal stoves, which often discharge gas into the apartment. That the manuscript may be easily read, a strong light is required—generally there is a powerful burner of some sort near the head. If there is not a strong light, such as will give the head-ache, the eye-sight is destroyed over a feeble lamp. Where there are gas-lights, the room will usually be filled with the gas.

In such an apartment as this, the compositor stands at his case through the whole day, or part of the day and most of the night. He works nights, and undertakes to sleep daytimes. This is contrary to nature, and excessively pernicious to the system; besides, there is no regularity in the hours of his sleep, and what he gets is disturbed by noise. No muscular exercise gives activity to his circulation; he breathes an air that has lost its vital properties by combustion of fuel, and gas, or oil, and the respiration of many lungs; and by these and the expansive power of the heat, his countenance is made pale, his chest is narrowed, his muscles made small and flabby, his system rendered peculiarly sensitive to every current of air, and his appetite and digestion become feeble. He is rendered the sure tenant of an early grave, unless he abandon his occupation. Seldom do we see an aged printer at the case—who wonders that they are scarce to find?

*Pressmen* are not generally quite so badly situated, though these are much over heaps of damp paper, which is injurious; and they are by no means a long-lived body of men. The females employed on power presses in printing offices generally die early if they remain very long at that business.

I am frequently applied to by men of this occupation for assistance, and have had the pleasure of affording them great relief, if not saving them from death by consumption.

**TYPE FOUNDERS AND STEREOTYPERS** have also unhealthy employments. The materials used in the manufacture of type and plates, poison the lungs and system, and render these occupations far from healthy. The girls who rub type at the foundry's suffer from the fine particles of type dust. With stereotypers, their bent position over the plates, and close application, is highly injurious to the health.

**SMITHS** have an employment remarkably conducive to muscular power; the use of the large, powerful hammer excites all the muscles, especially those of the arms,



throwing on them a large supply of blood, and consequently producing *their enlargement*. Exertion like theirs, moreover, has a very considerable effect on the general circulation, and the functions with which it is connected. For youths of strong constitutions no labor is better than that of the smith, but for such as are naturally delicate, the exertion is far too severe; and where there is any tendency to scrofula in the constitution they are peculiarly liable to sink under that employment. Smiths are subjected to a very high temperature, also to frequent changes in it, yet it appears to have very little tendency to disease. The employment subjects the eye to the annoyance of smoke, and to the excitement from the glow of the fire and heated iron, consequently there is a tendency to ophthalmia, or eye-disease. Smiths could be easily kept in a state of good health.

CABINET MAKERS, though employed in the house, are tolerably healthy—the labor is not severe, but there is considerable fine dust always flying; hence there is a tendency to ossification and diseases of the head. On the whole, preventives against their complaints are always at hand when the real symptoms of their case are known.

HOUSE SERVANTS, from their confined situation in a smoky town and kitchen, very rarely enjoy good health—they often suffer from stomach diseases and headaches. Girls from the country very speedily lose their rosy appearance, and suffer much more than the natives of the town. Kneeling produces in housemaids frequent tumors of the knee, often terminating in white swellings. Those, such as waiters or footmen, who have to stand long behind chairs, or at coaches, &c., often suffer from dropsy of the testicle. Every house servant should be requested by humane employers to wait upon some respectable physician at least once a month as it must be unpleasant for such parties to be handling food, while, perhaps scrofulous or otherwise diseased.

COLLIERS endure very considerable muscular labor, chiefly in the sitting or kneeling posture, with the head very much bent, sometimes to the greatest degree. They work in an unnatural atmosphere, and with artificial light; are exposed to change of air, and occasionally they work with their feet in water. Perspiration is so great at times, as to induce them to work almost naked. Colliers are generally spare men, the spine is almost always curved, and the legs frequently bowed. The skin, of course, is loaded with dirt, and when this is removed, the complexion is sallow and unhealthy. Their eyes are small, and generally affected with chronic inflammation, and incapable of enduring full light.

Colliers also are subject to diseases of the head, muscular pains, particularly in the back. Also to rheumatism and asthma. They are well known to be liable to severe accidents from the fall of parts of the mine, and to much more dreadful effects from the explosion of gases. The air they inspire is likewise impure. On the whole, colliers are unhealthy, and short-lived; and it is a real pleasure to me to be conscious how much I have done to relieve this class of men.

GOLD DIGGERS are subjected to similar evils as the colliers, and more, on account of *change of climate*, bad food, want of proper night shelter, &c. The diggers universally complain of colds, costiveness, cramps, scurvy, &c. All who think of going

o the mines, would do well to consult me previously to taking passage, as by my *Barometer* I could guarantee their chances of life, and fit them out with the proper advice how to preserve life until their return. I have furnished many miners with medicines for their stay in California.

STARCH MAKERS are exposed to a fetid acetous odor, which arises from the fermenting wheat, or more properly speaking, from the water in which the wheat has been steeped,—the rooms are wet and cold; nevertheless, the colds, headaches, and dropsies, can be easily cured, and as easily prevented. This I know from experience.

I shall now examine the employments which produce dust, odor, or gaseous exhalations. All employments connected with animal substances are subject to atmospheric impurities.

RECTIFIERS OF SPIRITS, AND PERSONS ENGAGED IN SPIRIT VAULTS, are subject to vapor, which sensibly affects those whose blood is hereditarily or negligently impure. Nervousness is frequent amongst this class, and the best preventives are muscular exercise and pure air.

BRICKLAYERS, especially their laborers, are much exposed to lime dust, which excites ophthalmia and skin diseases, which I have found many of them to labor under. They are not particularly affected with internal diseases, when temperate,—but in summer time are often sun-struck.

PLASTERERS AND WHITE WASHERS are likewise exposed to lime dust, but do not appear to be sensibly affected by it. They are, however, paler and less robust than bricklayers, which is attributable to a gas evolved from the glue, which very powerfully acts upon the nerves and the blood.

TURNERS, when working on bone, are troubled with bronchial and lung affections; they receive into the air-passages a large quantity of dust, which ossifies and chokes up their system, producing premature old age. All who feel symptoms of this character should call upon a skilful physician.

TOBACCO MANUFACTURERS are exposed to a strong narcotic odor, and in the stoving department, to an increase of temperature; and between the heat and the poisonous atmosphere, diseases of the head, stomach, and liver, and nervous system, are not unfrequent.

SNUFF MAKERS suffer much more than the tobacco makers. The fine dust of the tobacco, combined with muriate of ammonia and other substances, produces also diseases of the head, air-tubes, stomach, liver, &c.

RAPE AND MUSTARD CRUSHERS inhale a very peculiar odor from these seeds. --It appears to act as a stimulus on the nervous and circulating system; for men fresh to the employ, find their appetite and vigor much increased. This statement can only be reconciled with my belief only in the healthiness of pure air, on the principle that

injurious agents sometimes counteract each other. To man in a healthful state, no substance which arises from manufacture can be beneficial; but men living in large cities, with the habits of evil life, are generally more or less unhealthy; and thus some peculiar fumes may be decidedly beneficial in exciting languid powers, or in correcting a disposition to disease.

BRUSH MAKERS have sedentary occupation, but the arms are actively exerted, some dust, it is said, arises from the bristles, and carbonic acid gas from the fire which heats the pitch. The vapor from the pitch has, however, a curative effect on any tendency their trade might give them to disease; and brush makers generally do not suffer from asthma or coughs.

GROOMS inhale a large quantity of ammoniacal gas, generated in the stables; and but for this drawback, those thus employed would enjoy more than the common amount of health and longevity. They suffer from congestion of the vessels of the abdomen and the head, but much of these complaints may be attributed to intemperance.

GLUE AND BONE BOILERS are subject to a strong putrid and ammoniacal exhalation, from the decompositions of animal refuse. The stench of the boiling and drying rooms is well known to be highly offensive to the neighborhood, and many and repeated have been the calls of our citizens to have such places removed to a greater distance from the city.

Those employed, as well as all residents of the neighborhood, are subject to epidemical diseases, to rheumatisms, blood diseases, fevers, and consumptions.

TALLOW CHANDLERS, &c., are exposed to the odor of the offensive animal matter, yet, nevertheless, enjoy fair health and long life. During epidemics, they suffer much less than others.

TANNERS work in an atmosphere strongly impregnated with the vapor of putrefying skins, and this is combined with the smell of lime, &c. They are constantly exposed to wet feet, yet there is no disease peculiar to this profession. Tanners are not at all subject to consumption, unless combining that business with shoe-making, a physiological fact which has given rise to much discussion. I do not hear of many cases of consumption from a tan-yard. If tanners are temperate and regular in their habits, they may reasonably expect a long life.

MILLERS breathing in an atmosphere loaded with the particles of flour, &c., suffer severely. Millers are generally pale and sickly; most have a defective appetite, or suffer from indigestion; many labor from morning cough, some are consumptive, and all of them are ossified or choked up in the internal machinery. Let those who are so afflicted pay me a visit.

MALTSTERS are exposed to much dust, particularly in the grinding and drying departments, and to sulphurous fumes from the coke. Both they and the millers suffer from inflammation of the windpipe, asthma, and consumption.



**PAPER MAKERS** suffer much from the dust arising from cutting the rags. Very few remain for many years at this employ. They become prematurely old. An invention, I think, might be discovered capable of cutting the rags in a box, and preventing much of the dust. Until this is the case, however, I shall warrant to prevent much of the evil consequences of the business, if called upon.

**MASONS** inhale particles of dust and sand, which arise from chipping the stone; they are often required to use great muscular exertion in lifting weights, and are exposed to vicissitudes of the weather. From inhaling dust the lining of the internal machine is frequently in a state of inflammation. Masons who have been dissected after death, from asthma, consumption, and other chest diseases, have been found to have lumps of sand in their lungs; and in dividing the pulmonary substance, it seems to be cutting a *sandy body*. These symptoms are applicable to miners, rock blasters, lime burners, and scythe and axe grinders, and similar employments where dust is ground into small particles. Those so employed should consult my Barometer to know their real internal condition.

The dampness of plastered rooms where masons are at work, and where perspiration is excited, renders them liable to severe colds, and tends more to the production of consumption than any other cause. Masons should be careful about remitting their exercise while in a newly-plastered room. And all persons should be equally careful about living or sleeping in newly-plastered and damp rooms.

**STONE CUTTERS.**—The cases of consumption among stone-cutters are increasing to an extent quite alarming, from the great demand for cut stone in building. The grit flying from the stone is inhaled into the lungs, and produces inflammation of that organ. This grit can never be dissolved or extracted. The average length of life of stone-cutters is but about ten years after commencing the business.

The stone dust fills the air-cells of the lungs, causing irritation, ulceration, and large cavities which fill with stone grit. Hence hoarseness, hectic fever, loss of voice, and consumption. How can stone-cutters expect to live long, when the air they breathe is filled with stone dust, and no precaution is made against its inhalation. Medicine may greatly relieve and comfort for a time, but where much stone dust has been inhaled, but little hope of a cure can be entertained.

**MACHINE MAKERS** are divided into several departments. The founding produces only the slight and temporary annoyance of dust from the charcoal sprinkled on the mould. Turning, boring, and grooving, is so laborious, that few men can be found hardy enough to endure it through the day for any great length of time. These men suffer from heated blood, lung, and liver complaints.

**DRAWFILLING CAST IRON** is an injurious occupation; the dust is very abundant, and the metallic particles are more minute than in the filing of wrought iron. The particles rise so copiously, as to blacken the mouth and nose. The men first feel annoyance in the nostrils, the lining membrane of which discharges freely for some time, then becomes supernaturally dry. The air tubes next suffer, breathing becomes difficult on any extra exertion being used, and an habitual cough is the result. These men are troubled with diseases of the digestive organs, and bronchial or tuberculous consumptions. The frequency of these fatal diseases, from the causes of

their employment, require no explanation. Iron fillers are almost all unhealthy and short-lived men.

Is there nothing that can be done to prevent this melancholy waste of life? Cannot magnetic mouth-pieces be used to attract the particles of iron, instead of letting them be inhaled? While the strange apathy exists of both masters and men on this subject; while man after man decays in the prime of life, and no warning is taken, or effort made, to adopt some mode of staying the desolation—let all who wish call upon me, and I will alleviate their position, besides arming them for withstanding the approach of disease in the future.

BRAZIERS are subject to the noxious exhalations from the solder; but their employments are so varied, as to preclude much *immediate* injury from their influence. The proper care, and the periodical cleansing of the system, would make this class long livers in general.

COPPER-SMITHS are considerably affected by the fine scales which arise from the imperfectly volatilized metal, and by the fumes of the *speller* or solder of brass. The men are generally unhealthy, suffering from disorders similar to those of brass-founders.

TIN-PLATE WORKERS are subject to fumes from muriate of ammonia, and sulphurous exhalations from the coke which they burn. These exhalations would be easy of counteraction, and these men could be made healthy and long-lived, by blood-cleansing and temperance.

TINNERS AND PLUMBERS are much exposed to the volatilized oxide of lead, which arises during the process of casting and soldering. The fumes frequently induce vomiting at the moment, and the working of the metal is generally injurious. A sweet taste is often perceived in the mouth during the heating of lead, and noxious fumes arise from the application of solder. They are also liable to accidents and burns. On the whole, operative plumbers are neither healthy nor long-lived.

HOUSE PAINTERS are most commonly subject to the same complaints as the plumbers. The effects felt of an injurious agency are from the process of *flatting* or finishing the dead colors with turpentine. The exhalation produces at first dizziness; and next vomiting. Painters are unhealthy in appearance, subject to colic, pains in the bowels, and do not generally attain a full age. Their maladies are evidently the result of an impression on the nervous system, through the medium of membranes of the nostrils, and the air tubes. Working in paint and turpentine results also in colic and palsy.

CHEMISTS AND DRUGGISTS are continually exposed to various odors and the evolution of gases, many of which are seriously injurious. Hence the men employed in laboratories are frequently sickly in appearance, and subject to many affections of the *lungs*. Few old men are found in laboratories. Care on the part of the men, and ventilation practised as much as possible, would considerably diminish the effect of the baneful agents. The men employed in manufactory of

GAS for lights are not aware of the injury resulting from the process. Even the individuals engaged in the pumping department, and exposed, consequently, to abominable evolutions of sulphuretted hydrogen, say they are healthy. But I deny that this can be the ultimate effect.

WOOLEN CLOTH DYERS AND STOVERS are also exposed to the evolution of sulphurous vapor, anything but beneficial to the human frame. Among the minor and less permanent causes of injury from prussic acid vapor, used by dyers engaged with Prussian blue, are inflammations of the lungs and tenderness to the eyes.

POTTERS suffer much from the lead in *glazing*; immersing their hands in a strong solution of this mineral, they often suffer from colic; and if kept long in this department become paralytic. These men are remarkably subject to constipation of the bowels; of seven individuals, taken indifferently, I found five affected with this malady. Could not the process be effected without the hands being immersed in the metallic solution? The total disuse of lead in *glaze* is most certainly to be desired. Independently of its injury to the workmen, the consumers are liable to suffer from this mineral. The *glaze* of common earthenware is slightly soluble in animal oil, and copiously so in the acids of fruits, especially when the dishes are heated. My experience demonstrates that many of the obscure internal diseases of the poorer classes are chiefly attributable to this little-suspected source, and the temporary removal of the pain occasioned by them is one of the many motives which induce an habitual use of spirits.

HATTERS have their hands frequently immersed in a solution of sulphuric acid, which is employed in the process of *feltting*, and hence the nails and outer skin of their fingers are often corroded and sore; this inconvenience might probably be prevented by the use of some oily substance, or at least counteracted by Blood Medicines.

GROCERS, having their hands in sugar, and other similar compounds, become affected with cutaneous eruptions. Lime produces similar diseases on the hands of bricklayers. Flour irritates the skin in

BAKERS, and occasions a scale, which is a variety of itch. All these unsightly appearances can be easily obviated and prevented by my Blood Purifying Remedies.

KNIFE, SCISSOR AND AXE GRINDERS are notoriously engaged in an unhealthy employment, and are subject to every possible pulmonic disorder. So fatal is every branch of this business that I really cannot distinguish which one is entitled to the terrible pre-eminence. Knife, Fork, Needle and Axe Grinding are all to certain degrees pernicious to health and longevity. The dust flying from the metal in volumes so minute in its particles as to defy vision, carries death to the lungs and other viscera. Out of one hundred so engaged in this business, whose bodies I examined, at Collinsville, Conn., I found twenty-four affected with inflammation of the chest, thirty had been, or were then affected with spitting of blood; twelve complained of pain in the urinary organs, fifteen had unequivocal disease of the lungs, while the remainder had not been long at the business. The grinders do not seem to be sensible



of the incipient stages of pulmonary disease, and only complain when unable to pursue their occupation. It is frequently the case that the lungs become so filled with steel and stone dust, that it will dull a knife to cut them. The lungs are very heavy when thus loaded; often a loss of voice results from this cause.

Consumption is contracted by many mechanical operatives from the dust that is allowed to accumulate in the workshops, and which is raised every time the machinery is set in motion. Frequently this dust is not removed for years; and it keeps the lungs of the operatives choked up through the day. Such treatment would wear out even cast iron lungs; how, then, can it be expected that the delicate cells and membranes of the human being can withstand its effects? A regular dusting and washing of all manufactories should be had daily, or at least once a week, and thereby the lives of thousands of the most enterprising and useful mechanics would be saved to us every year.

In dusting the furniture of rooms, there always arises a fine, smoke-like dust, which gets into the throat and lungs, and causes coughing, and sometimes inflammations of the throat and lungs. Ladies should carefully guard against inhaling this fine dust; also, in sweeping rooms, the same caution should be exercised; and still more in the shaking of carpets and door-mats. These articles discharge a large amount of dust when shaken, and if taken into the lungs freely, the most deleterious effects may follow.

The above sketches are from my notes and observations from many years of travel and experience, and were originally intended to see how far they might be conducive to alleviate the manner of *working* in the various employments; but my time has been so occupied by invention, and practice in the cure of disease, that I concluded to let them go forth like the Apostles, and do what good they are capable of. I am anxious to impress, however, upon all trades and professions, that thoroughly understanding the nature of their employments, I am prepared to give them my advice and assistance on the most reasonable terms.

#### INFLUENCE OF OCCUPATION ON HEALTH.

THE influence of occupation on health and longevity is worthy of consideration. Of the clergymen who lived and died in Massachusetts, prior to 1825, the ages of eight hundred and eighty-eight have been ascertained. Of these, the average age of

90 who died prior to 1700, was 61.77 years.			
123	"	1700 to 1750,	" 65.00 "
303	"	1750 to 1800,	" 62.55 "
372	"	1800 to 1825,	" 64.47 "

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Total average, 63.62 "

The average age of 840 clergymen who graduated at Harvard University, and died prior to 1825, was 65.62 years—41 in each 100 attained the age of 70. The average age of 147, who died prior to 1841, in that State, was 58.79; and of 167 in other New England States, in the same time, was 56.64—which shows a decline in the longevity of clergymen from the periods previous to 1825.

Of physicians, 194 members of the Massachusetts Medical Society, who died prior to 1840, averaged 60.23 years; of these, 42 who lived in Boston, averaged

53.59 years, and 154 in other parts of the State, 64.04. For the seven years prior to 1849, 95 members of the Massachusetts Medical Society died at an average age of 57.13 years. Of this class, there has also been a decline in the duration of life enjoyed by the physicians of earlier times.

David Rennet, a physician, of Rowley, Mass., died in 1719, aged 103 years, 2 months, and 3 days. Edward Augustus Holyoke died in Salem, in 1829, at the age of 100 years, 7 months; and Hezekiah Meriam, of Ward, who died 1803, and John Crocker, of Richmond, who died 1815, lived beyond the age of 100 years.

Of lawyers, the reports of Massachusetts afford less material to judge of their longevity. The ages of 52 are given, whose average age was 46.68 years; of 53 others, 55.47 years. From this, it would appear that they do not live so long as clergymen and physicians; though the number of observations is too small to found thereon a correct opinion.

A table in Chambers's Journal gives the following as the average duration of life among a large number of *professional men* in that country:

Statesmen and Lawyers, . . . . .	69.5	Philosophers and Mathematicians, . . . . .	65.5
Physicians, . . . . .	68.0	Artists, . . . . .	64.5
Divines and Theologians, . . . . .	67.4	Miscellaneous Literary Men, . . . . .	62.6
Musical Composers, . . . . .	65.7	Poets, . . . . .	59.8

Dr. Casper, of Berlin, Prussia, has calculated that in that country the age of 70 was attained by 42 clergymen in 100; by 29 lawyers; by 28 artists; by 27 professors; and 24 physicians. Dr. Madon, of England, in comparing the average age of celebrated men of different classes, found that naturalists lived 75 years; philosophers, sculptors and painters, 70; lawyers, 69; physicians, 68; clergymen, 67. But these were probably *select* lives, and not the whole of the classes.

I here introduce a table showing the average duration of life in several professions, businesses and occupations, derived from a series of extended observations in the State of Massachusetts.

Farmers, average age, . . . . .	64.89	Bakers, . . . . .	46.69
Hatters, . . . . .	58.79	Cabinetmakers, . . . . .	44.80
Coopers, . . . . .	57.39	Stonecutters, . . . . .	44.46
Clergymen, . . . . .	56.64	Papermakers, . . . . .	44.29
Lawyers, . . . . .	55.47	Shoemakers, . . . . .	43.41
Physicians, . . . . .	55.00	Laborers, . . . . .	42.79
Blacksmiths, . . . . .	54.49	Seamen, . . . . .	42.47
Carpenters, . . . . .	51.16	Painters, . . . . .	42.36
Merchants, . . . . .	50.73	Fishermen, . . . . .	41.63
Tanners and Curriers, . . . . .	49.90	Manufacturers, . . . . .	40.48
Masons, . . . . .	48.45	Mechanics generally, . . . . .	37.20
Traders, . . . . .	46.79	Printers, . . . . .	36.91

The reader will perceive that these statistics show a difference in different countries of the average age of men in the various departments of life; but they will convey a general idea upon the matter that will be both interesting and useful.

From these statistics it will also be observed, that excepting the farming population and one or two trades, the lives of *professional men* average longer than those

of the mechanics and poorer classes of people. This is easily accounted for by remembering that professional men generally are much less subjected to bad attitudes continuously, as well as in a great measure removed from the deleterious effects of the dust of trades, and the impure air of workshops and manufactories, and less exposed to accidents. It is believed, also, that the food of this class of people is generally more conducive to health than that used by the poorer classes of people and the mass of mechanics and operatives. Poor people every where consume much more bread and potatoes than the wealthier classes. And as these articles contain more phosphate of lime (which is apt to induce bad effects upon the system by choking it up with earthy matter,) than animal food, fowls, fish, fresh vegetables, fruits, preserves, wines, and other luxuries, which are more used by the wealthy, it is obvious that the average duration of their lives will be lessened in some measure by this cause.

It has been proved, by Mr. Cobden and Mr. East, of England, from statistics, that in proportion to the paucity of a man's income, is the proportion of bread he consumes. For as his wages rise, he purchases meat, fruit, and vegetables, and diminishes his consumption of bread. Bread and potatoes constituting so large a proportion of the *workers'* diet, and containing so much earthy matter, inevitably renders them more liable to disease and premature old age and death. And so it is found that the rate of mortality among the poor is much greater than among the rich, in proportion to their numbers. Bad ventilation (to which they are more exposed) as well as greater carelessness of living generally, also operates to shorten the duration of the lives of the laboring classes.

The unfavorable influence of poverty and its accompanying evils is admitted by all observers. Lombard estimates the proportion of deaths from consumption in those professions practised by the higher classes of society as only *one-half* as great as among the poorer classes. In Geneva, the proportion of deaths from consumption among those living upon their incomes is only 50 in 1000, in a given time, while the number in all classes is 114 in 1000, in a given time. The same ratio holds good in England, and in all countries where statistics have been collected, and it also applies to numerous other diseases as well as consumption. Statistics universally show that the average age of the wealthier class of the population of any country is greater than that of the poor classes!

These facts are all-powerful arguments in favor of legislators enacting such laws as shall protect the laboring people, which are the mass of every community, and minister to their welfare by giving them just compensation for their toils, and reward their untiring industry with moderate wealth through the medium of good wages. They prove that the health, the strength, the longevity, and the consequent happiness, and mental and moral greatness of a people depend in no inconsiderable degree upon the amount of their remuneration for services rendered; and that if we would have them enjoy these they must be shielded from the power of selfish tyrants and oppressive capital and placed in the possession of true liberty of body and conscience. And herein is the safety of a nation: for once tyranny has obtained foothold and crushed the spirit of the people by reducing their physical condition, she rules with an iron hand, and only an appeal to arms and the God of heaven can loosen her grinding grasp. And if our legislators do not do this, we may look forward with certainty to the day when, as is now the case in the vaunted empire of Great Britain, some 650,000 *lords* shall possess the entire property of



the country, and rule it over the heads of the millions—to their degradation, mentally and physically, and starvation and diminished duration of life. As “wealth is power,” it is a curse to any nation to have the wealth accumulated in the hands of a few. Only by a *diffusion* of wealth can the liberties of a people be preserved and the masses kept from subjection to the few: and to this end, it is required that the laborer should be protected and the workman receive such compensation for his toil as shall place him above the demands of necessity: for then his conscience nor his vote can be bought nor sold—he is independent to declare his views in the face of the world.

#### PERCENTAGE OF DEATHS BY CONSUMPTION.

To give the reader an idea of the ratio of deaths by consumption in various parts of the world, the following table is subjoined. It should be remarked, however, that statistics of deaths in any place will show a difference in the numbers dying of any particular disease at different periods, as well as a difference in the ratio of deaths from all causes in one place compared with another place. As, for instance, we may find that while in Boston in one year the number of deaths in proportion to the population is greater than in New York, both as regards all causes and a particular cause, the next year may show the reverse. Hence it is not always to be inferred that one place is healthier than another because in a particular period the proportionate number of deaths is less.

The deaths by consumption in proportion to the total number of deaths, is

In Portsmouth, N. H.	20 in 100	In all England,	16 in 100
Providence,	23 in “	Paris,	18 in “
New York,	20 in “	Geneva,	10 in “
Philadelphia,	15 in “	Hamburg,	19 in “
Baltimore,	16 in “	Berlin,	17 in “
Charleston,	15 in “	Stuttgart,	21 in “
London,	15 in “		

This table might be further extended, to show the prevalence of the disease in the milder climates of the West Indies and on the sunny shores of Italy, and to demonstrate the fruitfulness of change of climate to exterminate the complaint. It is stated that “of 35 consumptive patients who went to Madeira for their health in 1821, two-thirds died at sea, three died in the first month after their arrival, five or six survived the winter, and about the same number survived the following spring; three or four lived to the second winter; but of the whole number, there were but thirteen living in 1824. The grave-yards of Rome, Naples, Marseilles, Pisa, Nice and Malta, bear ample testimony to the futility of seeking a foreign clime in the hope of recovery.”

The statistics of Massachusetts show that the proportion of deaths by consumption in the western, inland and hilly portions of the State does not vary much from that on the sea coast.

Consumption is a constant visitor in all parts of the country—on the mountains, in the valleys, and upon the sea coast. It does not seem to be so much the climate

that propagates this disease, as the evil customs, fashions and habits of the people, nor does climate counteract its fatal workings, but rather a return to the laws which govern health in connection with the use of proper medicines. It is by far the most fatal disease we have to encounter. Cholera, typhus, scarlatina, and yellow fevers, though terrible in themselves, are surpassed by consumption in contributions to the realms of death. How important, then, that every means should be used to relieve those upon whom it has seized, and save them from the grave. I rejoice to think that I have been permitted to rescue from the tomb so many hundreds of my fellow beings, by the timely application of my remedies for this complaint.

Age has a great influence in modifying the operations of consumption, as appears from statements gathered in different places. In the state of Massachusetts, out of 13,711 deaths by this disease in the period of seven years, there were—

Under 15 years of age,	1,355	50 to 60,	1,241
15 to 20,	1,065	60 to 70,	1,230
20 to 30,	3,368	70 to 80,	1,062
30 to 40,	2,412	Over 80,	320
40 to 50,	1,649		

About the same ratio prevails in New York—in city and state,—in London and in Philadelphia.

It will be seen that from 20 to 30 years of age gives a much larger number than any other ten years of life—15 years, from 15 to 30 years of age, gives more than any other 20 years, though the period from 30 to 50 is nearly as productive as that from 15 to 30 years of age.

The above table shows that this disease takes its subjects principally at the productive period of life, from 15 to 60—the most precious and useful of seasons. In the ages 20 to 30—"the beauty and hope of life"—far more die than at other ages. In advanced life, however, its victims are in nearly the same proportion from the same number of living individuals.

Consumption is somewhat partial in its selection from the sexes. From the ages of 20 to 30, the number of females who die of this complaint is nearly double that of the males, in the country towns, and some larger in the cities. After 40, especially in the cities, the proportion is on the other side, so that in the aggregate the relative number of males and females does not greatly differ—though the females somewhat preponderate.

To show the relative number of deaths annually in different parts of the world, from all diseases, the following table is appended. The remarks preceding the table of deaths by consumption should be read in connection herewith:—

In Russia,	1 out of 42 dies annually,	In Baltimore,	1 out of 36 dies annually.
Austria,	1 " 38 " "	Leghorn,	1 " 35 " "
South America,	1 " 30 " "	New York,	1 " 38 " "
Amsterdam,	1 " 24 " "	Berlin,	1 " 34 " "
Vienna,	1 " 23 " "	Paris,	1 " 32 " "
Boston,	1 " 38 " "	Philadelphia,	1 " 31 " "
Providence,	1 " 47 " "	Naples,	" 28 " "
London,	1 " 46 " "	Brussels,	1 " 25 " "
Geneva,	1 " 48 " "	Rome,	1 " 24 " "

## TO RESTORE THE DROWNED.

WHEN the body is taken from the water, use it as gently as possible; let no violence of any kind—such as rolling on a barrel, be permitted. Incline the head at first, that the water may run off; place the body in a warm bed—cover it with warm blankets—place hot bricks or bottles of water to the feet and hands. Press the chest suddenly and forcibly downward and backward, and instantly discontinue the pressure; rub the body hard with the palms of the hands; which requires one or two active persons; let another person try to fill the lungs with air; to do this, close the nostrils of the subject, and fitting your mouth to his, blow steadily and forcibly until the chest is full of air; then press the bowels upwards that the air may be ejected; this should be repeated a number of times, and if signs of life do not appear, get as soon as possible a pair of common fire-bellows; introduce the nozzle well upon the base of the tongue, surround the mouth with a handkerchief, and close the nose. A person should press firmly upon the projecting part of the neck, called Adam's apple, and use the bellows actively. Then press upon the chest to expel the air from the lungs, to imitate natural breathing; continue this for at least one hour if life does not appear; keep the body warm; everything is secondary to inflating the lungs. Warm injections may be thrown up the bowels. Gentle stimulants may be given on recovery. Be active and persevering, as persons have been recovered after hours' immersion in the water, but usually not many recover after being in one hour.

## HOOPING COUGH.

THIS complaint is exceedingly troublesome, as well as often fatal among children. The German Ointment, bathed once or twice a day about the throat and over the lungs, and the Lung Corrector and Anti-Bilious Pills used, will be found of great value to both children and adults troubled with the hooping cough. They relieve the cough, gently move the bowels, and relieve all tightness or difficulty of coughing—so liable to rupture the blood vessels and induce bleeding from the lungs.

If a child is ever to be pitied, it is when suffering from the hooping cough, for often the tightness is such that breathing is carried on with the utmost difficulty, and sometimes death is caused by stricture of the air-passages or bronchia.

There were 180 deaths by hooping cough in New York in the year 1850, and 114 in 1851. Great numbers die annually by this distressing complaint, who might be saved if proper remedies were given in season.

Bathing the German Ointment all over the body and limbs will be found of utility in cases of this complaint. The effect upon the skin is to open the pores, so that perspiration can be carried on freely, and the impurities of the body thus kept from passing to the lungs.

## INOCULATION OF HUMORS.

THERE is no humor but may be given to a person by inoculation. Sore eyes are often obtained by wiping the face on a towel where some one previously using it



had left the poisonous matter from diseased eyes. Barber's itch is contracted by using the tools and soap used by another person in shaving; scald head by using a comb or brush, or wearing a hat used by one troubled with that complaint.

Erysipelas, salt rheum, cancerous humors and syphilitic and scrofulous infections are often contracted by touch or inoculation. The itch is frequently given to a whole school or a neighborhood by a single person having it. The inoculation of disease from sores and ulcers, by the use of "second-hand" boots and clothes is very frequent, and the small-pox and other contagious diseases are often carried in clothes and rags to paper-mills. The cholera and small-pox have been supposed to be taken by the reception of a letter written by a patient some thousands of miles distant.

Care should be taken to guard against all contagious diseases by inoculation, either by coming in contact with a person or by receiving it through the absorbent vessels of the skin from a poisonous atmosphere, or by direct contact with the poison. Humors of all kinds are fruitful causes of early decline and consumption. Avoid them, if possible, and eradicate them from the system as soon as you discover their existence, by all means, ere you become a victim to cancers, tumors and consumption.

To show how the air is contaminated and diseases communicated therefrom of a contagious character, the amount of deaths from scarlet fever, measles and small-pox in New York from 1805 to 1851, inclusive, is here appended:—

Scarlet fever	-	-	-	-	-	-	3914
Measles	-	-	-	-	-	-	4369
Small-pox	-	-	-	-	-	-	6122
Total of these							14,405

The largest number of cases of deaths from scarlet fever in any one year was in 1837—520; of measles, in 1836—443; of small-pox, in 1851—562.

The Blood Renovator, Anti-Bilious Pills, and German Ointment, are certain purifiers of the blood from all humors inoculated into the system. They may be had of the dealers in medicine, or can be obtained by them to supply the calls of the sick. [See notices of medicines.]

### NIGHT TURNED INTO DAY.

God, in his abundant goodness to man, has formed his body and mind for alternate exercise and rest, and appointed unto each a distribution of time—the day for exercise, the night for rest.

With rest and undisturbed sleep at the natural and appointed times, the mind as well as the body acts with uniformity; without this there is fretfulness and decline of the powers of the system to a greater or less degree.

Never allow amusements or business to encroach upon the hours appointed for sleep. Let your bedchamber be quiet—no boisterous noises should intrude, if it be possible to avoid them. If you are married, do not allow molestation of the refreshing hours of sleep, or those of connubial love. Fright, fear, and suspicion, derange the healthful effects of rest; ease and composure of mind give sweetness to sleep and prolong life.

Retire early, rest quietly, and rise early, and you will have a more vigorous body,

and a stronger mind, than if making yourself a devotee of fashion, and turning the night into day; spending the hours you should be asleep in the dissipations incident to fashionable life, and then lying in bed till a late hour of the following day.

The business of changing the seasons appointed by nature for the alternations of exercise and rest, is extremely hurtful to the system. Although the pernicious effects may not be sensibly felt immediately, they will sooner or later develop themselves in all who indulge in these infractions. Therefore I would advise all my readers to eschew them, and give heed to the natural laws of health.

#### DIETETIC NONSENSE BY VOLUMES.

"The highest cordials ~~at~~ their virtue lose,  
By too frequent and too bold a use;  
And what would cheer the spirit in distress,  
Ruins our health when taken to excess."

Now that the excitement of nonsense and fanaticism on diet has somewhat passed away, reason may perhaps guide us to a few facts important to health. Those who would not eat meat, and lived exclusively on vegetables, have mostly repented of their sin against the body, and now eat animal food, fish, or fowl, three times a day, almost to gluttony. Dr. Graham, the man who was to live everlastingly by eating only vegetables, died in September, 1851, while in early life—probably from the effects of his system of diet; at least he claimed that sickness was produced by animal food, and that vegetable diet would ensure health and long life.

All the nonsense on diet that has blotted paper, from men who use their readers as though they would

"Cram the words into their ears,  
Against the stomachs of their sense,"

no matter what its name or doctrine, has failed to overthrow God's great and eternal law and command to Noah, Moses, and the human family generally—"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things."—Gen. ix. 3.

Mankind should be governed by reason and natural instinct, as to the kind, quality, and quantity of the food; for what is pleasant and good for one, may be hurtful or offensive for another. All do not desire the same kind of food; and while Nature's storehouse is filled with enough for all, why seek to make all eat one kind of food?

Do not let fanatics on diet run away with your sense and reason, but be governed by observation, by experience, by temperance, and moderation; obey the calls of the stomach in its natural desires; and you will be blessed in following the golden rule established by the God of nature, and taught by men of inspiration, being so far wise as to remember that we may, if—

"We give each appetite too loose a rein,  
Push every pleasure to the verge of pain."

Our health, in a great measure, depends upon the choice of our food; so that it is of no small importance that we understand the nature and properties of the va-

ious kinds of food that we eat, that we may be able to select that best adapted to nourish and sustain the blood, which is the life, in the several stages, from infancy to old age, and to restore the energies of our bodies when exhausted by labor, or wasted by disease. This knowledge can be gained only by study and experience, joined with extended observation.

The best and most reliable writers upon this subject—as the celebrated Dr. Parr, Dr. Andrew Combe, Dr. C. Cutter, and others of intelligence—agree with us upon this point.

Not one of them approves of the *modern Utopian* opinions upon diet, whose retrenching advocates, with their lank, cadaverous countenances, and glassy eyes, are generally the best comments upon the folly of their own systems. They each and all take a *wide survey* of the field of Nature, and agree and direct that mankind should partake freely of her bounties, as adapted to the various periods of life, conditions of health, employment, and climate; provided always, that they never eat nor drink to excess.

They neither limit to an animal or a vegetable diet, exclusively; but allow the free, yet judicious use of both, as being adapted to the nature of man, and directly calculated to nourish and strengthen our bodies, and prolong our life. Their views also perfectly harmonize with the testimony of the *sacred penmen* upon this subject.

It is undeniable that the use of flesh, as well as vegetables, is freely permitted, and even commanded by God himself in his Word: Lev. xi. 1, 2. "And the Lord spake unto Moses and unto Aaron, saying unto them, Speak unto the children of Israel, saying, these *are the beasts which ye shall eat* among all the beasts that are on the earth." And they did eat of them, and were nourished by their flesh.

From an attentive examination of sacred history, it is evident that the food of the Hebrews was of the simplest nature, consisting principally of milk, honey, rice, vegetables, and sometimes of locusts. Meat not being so palatable and nutritious in warm climates as in others, bread, fruits, olives, and milk, constituted their ordinary diet; but they ate animal food as a divine ordinance, at the appointed festivals, or when they offered their feast offerings. We learn from Numbers xi. 5, the nature of the diet of the Hebrews during the bondage in Egypt. "We remember the fish which we did eat in Egypt freely; the cucumbers, the melons, and the leeks, and the onions, and the garlic." How desirable such food is to those who have been accustomed to it, we have a striking instance in the fact related by De Vitriaco, who says that when Damietta was besieged by the Crusaders in 1218, many of the more delicate Egyptians, although they had corn in abundance, pined away and died for want of the garlies, onions, fish, birds, fruits, and herbs, to which they had been accustomed. The pottage of lentils and bread, which Jacob had prepared, and which was so tempting to the impatient Esau, shows the simplicity of the ordinary diet of the patriarchs. Gen. xxv. 34. The same diet is still in use among the modern Arabs, and in the Levant. Isaac, in his old age, longed for savory *meat*, which was accordingly prepared for him of goats and venison.—Gen. xxvii. 25.—"And he said, Bring it near to me, and I will eat of my son's *venison*, that my soul may bless thee; and he brought it near to him, and he did eat; and he brought him wine, and he drank."

The feast with which Abraham entertained the three angels, was a tender *calf*, cakes baked on the earth, together with butter and milk. Gen. xviii. 6, 7. Abigail's presentation of food to David, a chosen man of God, which he accepted, is



**proof** of the divine sanction of the use of both meat and vegetables for food. 1 Sam. xxv. 18. "Then Abigail made haste and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched corn, and an hundred clusters of raisins, and two hundred cakes of figs," &c. Barzillai brought beds, and basons, and earthen vessels, and wheat, and barley, and flour, and parched corn, and beans, and lentils, and parched pulse, and honey, and butter, and sheep, and cheese of kine, for David, and for the people that were with him to eat. 2 Sam. xvii. 28, 29. Meats are sanctified by the word of God and prayer. From Gen. chap. 18 and 41, and 1 Sam. chap. 16 and 28, we learn that venison and the meat of the "fatted calf" were peculiarly esteemed by the Jews, also fatted oxen. But flesh of the sheep and goat kind, particularly of lambs and kids, was esteemed choice dishes.

The dishes of the ancient Egyptians consisted of fish; *meat*, boiled, roasted, and dressed in various ways; game, poultry, and a profusion of vegetables and fruits.

For the benefit of the latter-day would-be philosophers and teachers as to delaying marriage, and as to the kinds of food we shall eat, to the exclusion of animal food, and to a diet exclusively vegetable, we quote what the inspired Paul hath revealed of their characters and hypocrisy, as follows—1 Tim. iv. 1 to 4 verses:—"Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits and doctrines of devils; speaking lies in hypocrisy; having their conscience seared with a hot iron: Forbidding to marry, and commanding to abstain from meats, which God created to be received with thanksgiving of them which believe and know the truth; for every creature of God is good, and nothing to be refused."

Thus we have the united testimony and example of both sacred and profane writers—the testimony of the greatest, the wisest, and the best of men, of our own and of former ages—that animal flesh, as well as vegetables, is calculated to nourish man and prolong life; and this testimony is confirmed by an experience of nearly six thousand years—a pretty long period, and sufficient, one would naturally conclude, to settle this question beyond all cavil.

What would those ultraists and would-be reformers, who deny the beneficial effects of all animal flesh in imparting life and health, say to these things?

If animal food does not impart nourishment, and health, and vigor to our bodies, it must be absolutely injurious; and this is what many advocates of an exclusively vegetable diet actually maintain.

We leave these wisecracks to seize upon whichever horn of the dilemma they may choose. If any reliance can be placed upon the concurrent testimony of both sacred and profane history, supported by the experience of unnumbered and countless millions of earth's sons and daughters, during a period of nearly six thousand years, we may safely conclude that animal flesh, in common with vegetables, is directly calculated and designed of God to nourish our bodies and prolong our days upon earth, and as such we may, and ought, freely to partake of it.

The broad seal of God's approbation is undeniably upon it, and no sophistry or ingenuity of men or devils can gainsay it.

The free use of both flesh and vegetables, was included by Jehovah himself in the original grant of privileges made to man at the birth of Creation, and was again renewed to Noah and his sons immediately after the Deluge. It was moreover re-

newed again and again with the patriarchs and the prophets, as the sacred writings abundantly show, and as we have already proved.

But the utopian view of the subject places the sacred writers, and even the Son of God himself, in a most sorry predicament; for we must suppose, in this case, that they permitted and set the example to others of an indulgence, which, as enlightened and inspired men, they must have known to be injurious to mankind. They must have known, also, that for them to sanction the use of animal food, as an article of diet, must have been wicked and wrong on their part, *because* injurious to mankind.

But because God has ordained and sanctioned the use of animal flesh as an article of diet, in common with vegetables, we are not to conclude therefore that man is to make a glutton of himself, or eat without regard to the dictates of reason and judgment, with which he has been endowed by his benevolent Creator. The Divine permission is, doubtless, to be used with discretion, both as to the *kind and quantity* of flesh to be taken into the system. Sometimes it may be, and no doubt is, wise to dispense with its use entirely, and also that of vegetables. As for example: when a raging fever is coursing the veins, and inflammation is spreading its blighting influences over and through every part of our bodies.

In extreme cases of dyspepsia, also, where the digestive apparatus is disordered and greatly enfeebled, both meats and vegetables should be used sparingly, if at all; and some kinds, ordinarily used, should be dispensed with entirely.

To all I would recommend an occasional *fast*—omitting one or two meals, or eating something very light, and different from the articles usually used. This gives the stomach an opportunity to rest and discharge its contents, by which it is in a great measure cleansed and purified.

“Who never fasts, no banquet e'er enjoys.”

The Divine direction, in *respect to the use of both meats and vegetables*, is obviously predicated upon the condition of man in a state of health, and not in a state of disease. This must, indisputably, receive the sanction of reason, and is confirmed by the experience of all mankind.

The constitutions of the human race, since the days of patriarchal, prophetic, and apostolical simplicity, have, without doubt, undergone and are still undergoing very great changes; so that, to many, what would, otherwise, be strictly and truly beneficial in nourishing and strengthening the body, and thus warding off disease, feebleness, and death, would now be highly injurious.

Here, as in all things that relate to life and health, there is a call for the exercise of judgment. Our rule is, and we think it agrees with reason, physiology, Bible, and experience, that whatever of flesh, or vegetables, each can receive, and relish, and thrive on at any period of life, is the best for him or her, and will go furthest towards the prevention of poor health, and the actual prolongation of his or her life.

The following table is from “Pereira on Food and Diet.” It shows the mean time of the digestion of different articles of diet in the stomach. Persons who know their own digestive powers should select therefrom those kinds best suited to their natures, and those who do not know what is suited to them should make it their first business to learn, unless they would be sick and always dosing and physicking.

	h. m.		h. m.
Rice, boiled, . . . .	1 0	Mutton, fresh, boiled, . . . .	3 0
Pigs' feet, soused, boiled, . . . .	1 0	Bean soup, boiled, . . . .	3 0
Tripe, soused, boiled, . . . .	1 0	Chicken soup, boiled, . . . .	3 0
Eggs, whipped, raw, . . . .	1 30	Aponeurosis, boiled, . . . .	3 0
Salmon trout, fresh, boiled, . . . .	1 30	Apple dumpling, boiled, . . . .	3 0
Do. do. do. fried, . . . .	1 30	Corn cake, baked, . . . .	3 0
Soup, barley, boiled, . . . .	1 30	Oysters, fresh, roasted, . . . .	3 15
Apples, sweet, mellow, raw . . . .	1 30	Pork, recently salted, broiled, . . . .	3 15
Venison steak, broiled, . . . .	1 35	Pork-steak, broiled, . . . .	3 15
Animal brains, boiled, . . . .	1 45	Mutton, fresh, roasted, . . . .	3 15
Sago, boiled, . . . .	1 45	Corn bread, baked, . . . .	3 15
Tapioca, boiled, . . . .	2 0	Carrot, boiled, . . . .	3 15
Barley, boiled, . . . .	2 0	Sausage, fresh, broiled, . . . .	3 20
Milk, boiled, . . . .	2 0	Flounder, fresh, fried, . . . .	3 30
Beef's liver, fresh, broiled, . . . .	2 0	Catfish, fresh, fried, . . . .	3 30
Eggs, fresh, raw, . . . .	2 0	Oysters, fresh, stewed, . . . .	3 30
Codfish, cured, dry, . . . .	2 0	Beef, fresh, lean, dry, roasted, . . . .	3 30
Apples, sour, mellow, raw, . . . .	2 0	Beef, with mustard, boiled, . . . .	3 30
Cabbage, with vinegar, raw, . . . .	2 0	Cheese, old, strong, raw, . . . .	3 30
Milk, raw, . . . .	2 15	Mutton soup, boiled, . . . .	3 30
Eggs, fresh, roasted, . . . .	2 15	Bread, wheat, fresh, baked, . . . .	3 30
Turkey, wild, roasted, . . . .	2 18	Turnips, boiled, . . . .	3 30
Turkey, domestic, boiled, . . . .	2 25	Potatoes, boiled, . . . .	3 30
Gelatine, boiled, . . . .	2 30	Eggs, fresh, hard boiled, . . . .	3 30
Turkey, domestic, roasted, . . . .	2 30	Eggs, fresh, fried, . . . .	3 30
Goose, wild, roasted, . . . .	2 30	Green corn and beans, boiled, . . . .	3 45
Pig, suckling, roasted, . . . .	2 30	Beets, boiled, . . . .	3 45
Lamb, fresh, broiled, . . . .	2 30	Salmon, salted, boiled, . . . .	4 0
Hash, meat and vegetables, warmed, . . . .	2 30	Beef, fried, . . . .	4 0
Beans, pod, boiled, . . . .	2 30	Veal, fresh, broiled, . . . .	4 0
Cake, sponge, baked, . . . .	2 30	Fowls, domestic, boiled, . . . .	4 0
Parsnips, boiled, . . . .	2 30	Do. do. roasted, . . . .	4 0
Potatoes, roasted or baked, . . . .	2 30	Ducks, do. do. . . .	4 0
Cabbage, raw, . . . .	2 30	Soup, beef, vegetables and bread, . . . .	4 0
Animal spinal marrow, boiled, . . . .	2 45	boiled, . . . .	4 0
Chicken, full-grown, fricassied, . . . .	2 45	Heart, animal, fried, . . . .	4 0
Custard, baked, . . . .	2 45	Beef, old, hard, salted, boiled, . . . .	4 15
Beef, with salt only, broiled, . . . .	2 45	Pork, recently salted, fried, . . . .	4 15
Apples, sour, hard, raw, . . . .	2 50	Soup, marrow bones, boiled, . . . .	4 15
Oysters, fresh, raw, . . . .	2 55	Cartilage, boiled, . . . .	4 15
Eggs, fresh, soft boiled, . . . .	3 0	Pork, recently salted, boiled, . . . .	4 30
Bass, fresh, striped, broiled, . . . .	3 0	Veal, fresh, fried, . . . .	4 30
Beef, fresh, lean, rare, roasted, . . . .	3 0	Ducks, wild, roasted, . . . .	4 30
Beefsteak, broiled, . . . .	3 0	Suet, mutton, boiled, . . . .	4 30
Pork, recently salted, raw, . . . .	3 0	Pork, fat and lean, roasted, . . . .	5 15
Pork, recently salted, stewed, . . . .	3 0	Tendon, boiled, . . . .	5 30
Mutton, fresh, broiled, . . . .	3 0	Suet, beef, fresh, boiled, . . . .	5 30



We have here given our readers a few important hints upon diet, and information upon digestion, in contradiction to modern utopian doctrines. In the language of St. John—"Blessed is he that readeth, and they that keep those things that are written therein."

### CONSUMPTION INDUCED BY CHAIRS AND BEDS.

THE most lamentable effects follow from the use of miserably-constructed, hollow-backed chairs, sofas, settees, and divans sold at our fashionable furniture warehouses. Why so much of our furniture is built in this bad manner, unless it be to crook the spine and cramp and contract the chest and lungs, and thereby increase the ravages of consumption, it is difficult to conjecture.

Chairs, sofas and all other seats, used in houses, schools, churches, halls, cars, and coaches, should be so constructed as to aid in keeping straight the chest and spine, and open the chest, that the lungs may have full play for respiration and chance to expand.

Invalids, when confined to the house, generally take to the crooked-backed rocking-chair for the constant seat during the day; and often at night they are bolstered up in bed with large pillows in a position that keeps the spine in a bent condition, by which it often becomes badly affected, and the lungs so cramped that respiration and circulation cannot be carried on properly. In this manner, often the invalid is hurried to the consumptive's grave.

I know no change more needed to aid in counteracting the effects of and preventing consumption than in the style of our seats. There should be a thorough reform in this business. At present the style of construction of these articles is altogether wrong. Cabinet-makers should attend to this, and labor to suppress rather than cause consumption.

Thick bolsters and pillows should never be allowed under the head and shoulders during sleep, nor should thick feather beds be much used. I much prefer the good mattress or a harder level bed.

### DUST IN CARS AND STAGES.

ON many of our railroads, it seems to be a settled point to take no care of the cars, to keep them clean and free from dust. There is a perfect neglect of dusting and sweeping. The dust is allowed to choke up and irritate the throats and lungs of the passengers, so that there is often a constant coughing of nearly all for the whole journey. I have never been worse affected by dust in any place than when on a railroad; the throat and lungs are often filled, while the track is so damp that no dust rises from them, only that left in the cars causing the trouble. Conductors and brakemen almost constantly suffer with sore throat, bronchitis, or irritated lungs, produced by the dust.

Railroad corporations should be as responsible for the life of a person dying from inflammation of the lungs, contracted by a trip over the road in dusty cars, as though he had been instantly killed by any other neglect of duty. Many cases of death from inflammation thus induced have occurred within my knowledge.

Will the officers of railroad companies aid me in my war against consumption, by more properly constructing the seats in the cars and keeping them as free from dust as is possible to be done? If they would do so, they would not only prevent many deaths, but add to the comfort of their passengers. Every locomotive should have a water sprinkler attached to it, to lay the dust upon the road. This invention has been used on some roads with most beneficial results to the health and comfort of the traveler. Seats should be built that will not retain dust, and then give it out to fill the lungs of the passengers, as soon as the cars are put in motion. The same request I would also make of the proprietors of stage and omnibus lines. Great good might be effected by the action of those who have the management of affairs on railroad, stage and omnibus routes. I would also suggest to the various railroad companies, the propriety of fitting up cars, well ventilated, with berths and staterooms, to run on *night* trains, so that passengers can sleep on their trip, the same as on boats. There would be no difficulty in doing this, and it would be an accommodation "devoutly to be wished." With such an arrangement of cars as this, trains might be run *entirely* in the night season; as for instance, a train could leave New York in the evening, after the business of the day was over, or even after the amusements of the evening were closed, and the passengers be in Boston the next morning, enjoying on the way a comfortable night's sleep. If the traveling public should insist upon an accommodation like this, the companies on our principal roads would gratify the desire.

#### SECOND-HAND CLOTHING AND BOOTS.

THERE is a large business done in almost all places of size in the "second-hand" line, to the great detriment of the health of those who buy them. I would not say that boots or clothes could not be properly cleansed, but it is not done so as to make them safe for use. That the poisonous matter from a sore on one person has been inoculated into the blood of another by the use of both clothes and boots, cast off by the one affected, I know to be a positive fact.

Never allow yourself or your friends to wear the garments left off by persons out of the family, nor then if there are any diseases to infect them, until they have been thoroughly cleansed. The worst sore legs I ever saw were contracted from infections from second-hand boots. Scald head will be easily taken by wearing a cap or bonnet used by one troubled with that complaint, on which the infecting poison has been lodged. Venereal diseases are often contracted by sitting on the seat of a privy where the poison has been left by a person who occupied it previously. I know this to be the fact from observation, and have often been consulted by persons who had become diseased in this manner, and who could not so much as imagine how they had contracted it. Many families have been broken up by quarrels and jealousies induced from this cause, when a knowledge of this fact, or a cleanliness of the privy, would have prevented discord and disunion.

In large cities, second-hand boots and clothes are taken from the houses and persons who died of small-pox, lues venerea, cholera and other contagious disorders, and out of these grow infectious diseases, in connection with lung, liver, and heart complaints, and other affections, destructive to the human race. All the clothes of deceased persons are usually sold in the cities. In New

York, in 1850, there were 16,978 deaths, many from small-pox, cancers, ulcers, scrofula, &c. Now, if there was sold one dress from the wardrobe of each deceased person, (and this is a low calculation indeed) there would be 16,978 dresses, and perhaps as many shoes, and as many hats or bonnets, from a great number of which there would be a strong liability of contracting disease to those who should purchase them. Look at upwards of 500 deaths from *small-pox* in New York, in 1851, and then think of what became of the garments of those persons! Think you there were none of them exposed for sale? To believe there were not is to believe that men are less governed by cupidity than experience shows them to be! Out of these garments, to say nothing of those dying of other diseases mentioned in this article, there would go poison enough to kill another 500 persons, who should buy and use them. And what becomes of the beds, and the bed clothes, on which these persons died? Think you none of them find their way into the shops of the dealers in second-hand furniture and bedding? Most assuredly they do; and most assuredly those who buy and use them are rendered liable to be diseased thereby. Let me again say to you then, do not use second-hand clothing or goods unless you know from whence they came, nor until they have been thoroughly cleansed.

Infectant diseases are also sometimes communicated with bank bills. Speaking of this, Dr. C. H. Buckler, of Baltimore, says:—"The inmate of a small-pox hospital generally keeps what little money he may chance to have about his person. If he wants a lemon, he sends a note saturated with the poison, and having, perhaps, the very sea-sick odor of small-pox, to a confectioner, who takes it, of course. It would be impossible to conceive of a better mode of distributing the poison of a disease known to be contagious and infectious. It could hardly be worse if so many rags were distributed from the clothing of small-pox patients." The *Cincinnati Enquirer* says that the teller of one of the banks of Columbus contracted the disease and died of it, by handling a batch of bills which had been transmitted from Cincinnati, where the small-pox was prevalent.

I make these remarks to put you on your guard, lest you should fall a victim to disease, and be obliged to call for my services, or those of some other physician—a matter which I would have you avoid by preserving your health. But if you become diseased in this way, do not say I have not placed the danger before your eyes. I have endeavored in this work to warn you of this as well as many other evils—a task no other physician has attempted to perform—that you may be enabled to avoid them, and live in uninterrupted health. Read this book—treasure up its truths—teach them to your children and your friends, that they too may avoid consumption. And then will millions be benefited, and saved from untimely graves, whose faces I shall never see—of whose existence I shall never have cognizance. But in the pleasurable satisfaction of having performed my duty to my fellow-men, I shall receive my reward.

#### FOOD OF INFANTS.

As a duty I owe to my fellow-men, to prevent sickness of the infant, I would here make a few remarks upon the proper course to be taken by the married during the conception of the woman and for a time after the birth of the child.



Parents should not sexually indulge after conception; since the fruits of such indulgence will often be manifested by disease in the offspring. The transmission of hereditary complaints is inevitable where sexual intercourse is allowed during the months of conception and nursing—you cannot avoid evil effects to the offspring, unless you take some measures to prevent such a result, such as using the Male Safe. After the birth of the child, and when the mother is nursing, cohabitation should not be allowed without the Safe; for often by this the natural food of the child is made impure, and thereby it is diseased. Keep the food of the child pure, is a command of God.

Sexual intercourse during the nursing months is often injurious to the mother, since her system will be unable to withstand the waste of secretion and the milk at the same period; and she will be liable to sink into consumption.

As will be seen by reference to the article on infantile deaths, the number of those dying in infancy is truly alarming. In 1850, in New York, there were 6414 deaths of children under two years of age; in 1851, 8147. This is during the months of nursing; and a great many of these deaths were produced by impure food of the child, derived from intercourse in those months: the mothers appearing to be ignorant of the evil effects, and nursing to prevent pregnancy. But while the ignorant destroy their children in this way, the wise find safety for them in the use of the French Male Safe.

Some of the prominent causes of infantile deaths are, impure food, produced by sexual intercourse during the nursing months; adulterated and stall-fed milk; bad temper of the mother in the nursing season; cohabitation with other men, while nursing, which is almost sure to cause the death of the child; eating poisoned candies, unripe fruit, improperly cooked foods, and too much food. The diseases induced by these causes are convulsions, consumption, apoplexy, croup, diarrhoea, dysentery, dropsy of the head, debility, scrofula, syphilitic humors, worms, and inflammations of the bowels, lungs and brain.

In the respect of infantile deaths, I do not know that New York is worse than any other place, large or small. I have given the number of deaths here, because they can be obtained from reports, while in most places, particularly in the country, no statistics upon sanitary matters are kept. This is a fault which should be corrected; every town in the country should keep an accurate list of all deaths, with ages, causes, etc., for its own benefit and the benefit of physicians who war with disease, by ascertaining and pointing out its prominent causes. It being the object of this work to point out the various causes leading to death, I have spoken boldly upon the evils that send many infants to the grave, that parents may be warned, and thus save themselves and their children from an untimely death. It is mostly through ignorance that so many children die so young; parents should inform themselves upon these matters, and teach their children as they grow up. Proper education will correct many of these evils; a neglect of it will continue them; and all who would aid in the banishment of disease, should learn the laws that govern life and health, and bring up their children in the knowledge thereof.

If my remarks upon this matter shall be the means of saving even one innocent infant, I shall be rewarded for my toil.

## COLD WITH MEASLES SOMETIMES CAUSES CONSUMPTION,

AND much care should be taken not to get a cold while sick with this disease. Many date their decline into consumption from taking cold at this period.

Cases of consumption from colds contracted at the season of measles are very obstinate and hard of cure. Before the invention of the Lung Barometer, I found great difficulty in these cases; but now, guided by its infallible teachings, I seldom fail in effecting a recovery of the patient to health.

After having had the measles, care should be taken to cleanse the system and blood, in order to a better enjoyment of health in after years. For this purpose, the Anti-Bilious Pills and Blood Renovator will be found excellent. In case of a cold existing, the Lung Corrector should be used in connection. These fail only in the most obstinate cases; and in that event a full course of medicine should be taken, which will be prepared upon inquiry into the nature of the cases.

## POISONOUS GASES HASTEN CONSUMPTION;

AND they should be carefully avoided, especially by those consumptively inclined. There is no air so good for the lungs as the common atmospheric air in a pure state; it is the natural food of those organs, and through them purifies the blood. But gaseous airs destroy life. Breathe freely of the good pure atmospheric air, and your brain and body will receive strength therefrom.

To those who have become debilitated by long breathing of unhealthy gases, I would recommend the Blood Renovator and Anti-Bilious Pills. These will remove from the system the impurities generated therein by an unhealthy atmosphere, will restore vigor to the blood, and bring back the lost strength and activity to the limbs.

## FROWY BUTTER AND LARD.

THE use of bad butter and lard is also a fruitful cause of consumption, as well as dyspepsia. The vast amount of these articles taken into the human stomach in seasoned foods, deranges the organs of the stomach, retards digestion, and induces disease.

Many persons and families are so fond of gain, or rather so fearful of loss, that they compel themselves, their children and friends, to eat all the half-rotten apples, peaches and other fruits; the half-spoilt meat and fowls; and the frowy butter and lard, and stale eggs, and grown wheat, while they sell the good. But instead of saving by this, they lose; for these articles induce disease, and the doctors reap a harvest from visits to restore the persons to health. While such persons wonder that God should afflict them with a visitation of sickness, the physician laughs at their ignorant cupidity, in not eating of the best the earth affords, and thus receiving better chance of health.

How many keepers of hotels, boarding-houses, and managers in private families, are guilty of the sin of using corrupted foods, we may judge from the millions of

dyspeptics, but will be known only at the day of judgment; when they will be held responsible for the miseries caused by their cupidity or foolishness.

Different individuals have opposite rules regarding the disposal of corrupted articles of food. While some force themselves and their families to eat them, and sell their good and wholesome articles, others peddle the bad off in the markets, to disease and kill purchasers, and keep the good themselves. But in either of these ways, there is sure to be injury done to some one. The first is a curse to their own bodies; the last is not "doing unto others as they would that others should do unto them."

Eat and drink only that which is fresh and pure; nor render others liable to disease by palming off upon them the articles that have become corrupted on your hands. You had much better *waste* a few articles of food, than to eat them and then have to send for the physician to restore your health lost by their use.

### THROAT DISEASES OFTEN INDUCE CONSUMPTION.

If the muscles of the organs of speech and the wind-pipe get diseased, and the power of contraction and dilation become imperfect, catarrhal mucus, food and dust descend the bronchial tube into the lungs, and create irritation, inflammation, tubercles and ulcerations.

Catarrh often produces sore throat and bronchitis; poisonous foods and liquors operate similarly; and the same diseases are induced by dyspepsia and costiveness. The dust in shops, cars, stores, manufactories, and in streets, likewise creates many cases of sore throat and bronchitis: and all these often induce consumption. Public speakers—lawyers, clergymen, lecturers—and others who talk a good deal, who exercise their lungs and organs of speech in the heated and impure air of a crowded and ill-ventilated room, often contract throat diseases, hoarseness, and bronchitis, by going out into the cold. Such are also very liable to run into consumption in that way. Great care should be taken to keep the throat suitably and comfortably clothed. Thousands of females die annually of pulmonic affections, induced by wearing low-necked dresses; and thousands of gentlemen, by improperly exposing the lungs to the cold air, after exercising them in an impure and heated atmosphere. Poisonous humors in the blood also often settle in the throat and on the surrounding organs, producing cankers and other sores, which become fruitful causes of early consumption; therefore these poisonous impurities in the blood should be eradicated by some purifying and renovating medicines. If the tonsils of the throat become greatly enlarged, a portion of each may be cut off; also the palate may be subjected to the same treatment: but when enlargement is the effect of humors in the blood, amputations will be of but little service. A better way to effect a cure will be to bathe the German Ointment freely about the neck, and wet the throat often with cold water—wrapping a wet cloth about it at night, and covering this with a wrapper, to keep the throat warm during sleep.

To effect a permanent cure of sore throat, bronchitis, swelled tonsils, &c., use the Catarrh Snuff, Lung Corrector, Blood Renovator, Anti-Bilious Pills, and German Ointment; and wash both inside and outside of the throat with cold water a number of times a day, and keep the stomach clean and sweet. Before this treatment these diseases seldom stand; but if they are so obstinate as not to yield after a fair



trial, apply to me, and I will prepare medicines expressly that shall effect a speedy cure. [See cut of Bronchial Affection.]

#### INDIA RUBBER MANUFACTURE CAUSES CONSUMPTION.

MANY consumptives attribute their decline in health to the weakening perfumes of turpentine and other substances used in the manufacture of india rubber goods. I have had many patients who had been decidedly injured in this way; and I would suggest to the proprietors of these manufactories, and to those employed, the expediency of devising some means to prevent these injurious effects of the articles used. I think that ingenuity and study could obviate the difficulty, and place the workmen beyond contaminating influences from the business.

No kind of india rubber garment should be worn next the skin; nor constantly on any part of the person, even over other garments. No edibles or liquids for use as drinks or medicines should be kept in india rubber sacks or bottles; for they will become unfit for use if put in such receptacles. Never sleep upon rubber, unless you have blankets between it and your person; and even then it may be doubted if it is healthy. India rubber shoes, whether lined or not, should never be worn constantly; the effects of this article being, when constantly kept on the person, to produce weakness and emaciation, and consequent poor health, often ending in consumption, unless remedial agents be resorted to, to counteract its pernicious effects.

India rubber goods are excellent in their place—as to keep out water from the person while walking in wet streets, or when out in storms; but they should be used only for these purposes.

#### ADULTERATED FLOUR—BAKER'S BREAD.

It has been often said, "We know not what we eat." This is a truth which a little investigation makes apparent. In that most common of all articles, bread, it is generally supposed there is nothing either deleterious to the system or disgusting in its preparation. But a little knowledge may show us the contrary.

From a little work recently published in this city, by Dr. Bostwick, entitled "An Inquiry into the causes of Natural Death," we quote that "flour is often shamefully adulterated by the introduction of ground chalk, whiting, gypsum, plaster of Paris, powdered granite, slacked lime, bone ashes, and similar compounds. In using flour, therefore, of any form, bread or pastry of any kind, we probably consume many other injurious articles—for what care unprincipled millers or speculators whether the articles of trade are obtained from the bones of a butcher's store, or even the charnel house! It has been proved very lately in England, in a court of justice, that large quantities of flour had been mixed with gypsum at the rate of fifteen per cent! Besides the earthy substances mentioned, there is a large amount of fine sand unavoidably mixed with flour, arising from the friction of the millstones. It is calculated that in the bread a person eats he swallows six pounds of sand every year! Flour and bread are also adulterated with ground peas, beans, potatoes, alum, ammonia, and sub-carbonate of potash. The use of these various pernicious substitutes for flour being found to have a constipating effect on the bowels,

to counteract this, and to prevent suspicion, the use of jalap and other cathartics is introduced, in order to have a laxative effect upon the consumers.

"In addition to the mischievous ingredients which are purposely mixed up with the flour and bread, there is a great deal of filthy, pernicious matter accidentally or carelessly introduced. In the store, for instance, where corn is binned up, it becomes contaminated with the dust of the room, with the urine and feces of rats and mice, which are removed and ground up with it. In the bakehouse it is no uncommon thing to see a man with scabbed and ulcerated arms and hands mixing up the bread; others again using snuff and tobacco, as they lean over the troughs and benches, and the snuffy mucus and tobacco secretions are sent somewhere. In large establishments for making bread, the bakers knead the dough with their feet in a large trough, working and treading it like mortar. A baker has declared on his veracity that it is not unusual for men who have been walking about in shoes for several hours, and whose feet have acquired an intolerable stench, to jump at once into the paste without even cleansing themselves!!

"Now and then we find in the bread purchased from a baker, a well-cooked cricket or black beetle, (or a cockroach, or a bed-bug,) which insects abound in bakehouses. To enumerate all the filth and deleterious articles combined in flour, would not only be tiresome, but loathsome."

Thus we may see a little of the causes that act in the foods prepared in cities to produce consumption and other diseases. If our modern girls were brought up in the good old way, and taught to make their own bread and pies, instead of sitting in idleness in the parlor, and then buying their breadstuffs of dirty bakers, they would not only contribute much to the health of the family, but also be benefited themselves by the exercise, and be made more fitting as wives and companions for men. Besides these, our bread is often made out of a flour that has soured, or that was ground from "grown" and putrid grain, and sometimes even the sweepings of mills are used by unprincipled bakers, who care more for the filling of their pockets than for the health of the people. This being the case, is it strange that disease prevails or that the services of the physicians should be had in often requisition?

OTHER ADULTERATIONS.—But flour is by no means the only article adulterated and be-deviled. A good deal of the butter used in cities is mixed with tallow; the effect of which is often to cause dyspepsia, and make of those who use it confirmed invalids until they relinquish the article and have their systems purified by medicines—such as the Blood Renovator and Anti-Bilious Pills. It is well known that in much of the common sugar, sand is mixed by the grocer; salt is put with the saleratus; sawdust with the Indian meal, and peas and beans with the coffee. The article of "pure old ground Java coffee," which is advertised at every grocery, is scarcely to be obtained; it is much like the "Orange County Milk," and if you would have the pure you must buy the raw coffee and burn and grind it yourself. Coffee is often mixed with the burnt root of the dandelion. I have seen barrel after barrel of peas mixed with coffee that was sold for, and "warranted to be pure." Teas are also mixed with various kinds of leaves, and milk is horribly treated. [See articles on these subjects.] Ginger is loaded with burnt corn. To my certain knowledge, a man in Connecticut used to sell ground ginger for a pure article which contained *one half* of corn. Sometimes capsicum is added to flavor it and give it the requisite warmth. The "best Durham mustard" is mixed with the common mustard seed, colored with turmeric and spiced with capsicum. Chocolate and co-

coa are mixed with ground sago, which is often unfit for sale in any other state. White pepper is manufactured out of black pepper, starch and arrow root; and cayenne pepper made with piper indica berries, colored with sawdust, vermilion and other ingredients.

Of adulterations of wines and liquors I have spoken in another part of this volume. Of tobacco, both for chewing and smoking, of which such vast amount is consumed, those who use it may be gratified to know that it contains a large amount of copperas and other poisons, put in to give it flavor and mildness. Often the paper tobacco, which is so greedily "rolled under the tongue as a sweet morsel" at all times, while at business or on the way to the abode of the delicate damsel to implant the *sweet* kiss of love upon the ruby lips of the "dewdrop," is made in part of the ends of cigars and the "old sogers" discharged from the filthy spittoons of bar-rooms and hotels, and afterwards picked up by boys and sold to the manufacturers of "fine cut." Many a young man who has indulged in the "delicious sweets" of tobacco has found that his breath was seasoned with a perfume not quite so delicate as the spices spoken of by Solomon, and has learned after a few visits to the idol of his heart that thereby he had rendered his "room more agreeable than his company," and that though the love of his heart might be acceptable, the love of his mouth was disgusting. I state the above facts for the benefit of the admirers of "the weed;" undoubtedly a knowledge of where their quids have been and from what they have been made will add much to the sweetness of the delicious morsel.

### POISONED CANDIES.

It is well known that many of the candies, of which loads are annually devoured, are tintured with poisonous matter in the colorings that are put on to, and into them. Children should not be allowed many sweetmeats, and particular pains should be taken to keep poisoned candies from them. If you would have healthy children, let them have plain food, with very little high "seasoning," and let them have plenty of good air and playful exercise. These will keep them in health, and prove the best medicines for their use.

### DRUGS AND MEDICINES

ARE also basely adulterated. The foreign producers, manufacturers and dealers, adulterate their articles expressly for the American market, and vast quantities of such are brought into and sold in this country. And our own people are not often outdone in this line of business by the foreigners; so that by the time the drug has reached the invalid, it is often quite different from what it is pretended to be. By careful study the properties and modes of operation of the various articles used as medicine have been ascertained, and the intelligent physician can estimate their effect quite accurately. But in order to do this, he must know the purity and the strength of the article used; and if it has been adulterated, as is often the case, disappointment will follow its administration, and the patient will die, when by taking a pure article he would have recovered! This result has often happened, un-



der the advice of the best curative medical skill that the country can boast. Many a man has gone down to the tomb through some defect in the medical remedy used—a counterfeit of the article intended to be employed.

In some of the governments of Europe, a constant supervision is exercised over all apothecaries, to prevent them from selling articles which may be injurious to health. The absence of all such supervision in this country has led many incompetent and fraudulent manufacturers and dealers to enter into the production and sale of drugs and medicines, and a system of evil and imposition is carried on to an extent that excites our astonishment.

In 1848, an act was passed by Congress to prevent the importation of adulterated and spurious drugs and medicines. Under this act, the examiner at New York reported that during ten months, ending April, 1849, about 90,000 pounds of various kinds of drugs were rejected and refused admittance at this port alone. Among these were 16,000 pounds of rhubarb, 3000 pounds of opium, 34,000 pounds of spurious yellow bark, 12,000 pounds of jalap, and 5000 ounces of iodine. And it has been said that "more than half of many of the most important chemical and medicinal preparations, together with large quantities of crude drugs, come to us so much adulterated, or otherwise deteriorated, as to render them not only worthless as medicines, but often dangerous."

A mere statement of these facts will render obvious the importance of care in the purchase of medicines. For my own part, knowing the extent to which this business is carried on, and having seen its pernicious effects, I never send one of my patients to a drug store to purchase medicines, but put them up for him *myself*, so that I may know what he is taking, and be certain that he is swallowing no adulterated or deteriorated article. In many cases I should consider it nearly certain death to trust a patient to the prescriptions put up at many apothecaries' shops, since I should know that the chance was at least even that he would not get the article I sent him for in its pure state, and consequently the effect I desired to produce in his system by the medicine would not be produced, and he would be worse off than if he had taken nothing at all, and my reputation for skill would be injured. No physician can sustain his reputation who sends his patients to druggists generally for medicines; for the public never thinks of censuring the apothecary in case of a failure to cure the invalid, but holds the physician responsible; and bestows all the blame upon him, when, perhaps, it was the adulterated drug was in fault.

To give some idea of the extent of the sickness and death induced by deteriorated and adulterated foods, drinks and medicines, improper eating, inattention to public and private cleanliness and purification, and other evils *which might be avoided*, I will quote from the report of the city inspector of New York, the following:—

"It is assumed by medical statisticians, that more than one-third of the mortality of all large cities might have been prevented, if the laws of life and health, the causes of disease, and the means of prevention, were fully known and observed.

"Hence we had 7340 deaths in the city of New York, in the year 1851, which might have been prevented, and, according to the investigation of Mr. Farr, the eminent Registrar-General of Great Britain, the rule has been established, 'that the proportion constantly sick in a population, is double the annual proportion per cent. which the deaths bear to the living in that population.'

"According to these rules, 15,040 persons in New York were constantly sick during the past year (1851) *unnecessarily*, and we have the loss by unnecessary sickness,

allowing one dollar and fifty cents a-day, to equal the cost of nursing, medical attendance and the loss of time and labor, amounting to \$8,500,000 annually!"

Dr. Lyon Playfair, of Lancashire county, England, (which contains the large cities of Liverpool and Manchester,) shows in a report that the loss of labor by premature deaths, (computed at \$1 per day,) amounted to \$4,100,000 annually; and the loss by the support of minors, who are cut off before becoming producers, \$1,000,000. As the estimate of this county will offer a fair parallel to New York, we have a total loss of \$13,600,000 annually which might have been prevented by proper sanitation. [For further remarks upon sanitary regulations, see under Street Dust and Street Cleaning.]

Why will not the law-makers of our common country, and the people generally, of the different states and of the cities throughout the land, unite together in efforts for the banishment of these causes of so much unnecessary sickness and expense, and aid the philanthropic physician in his labors for the benefit of the human family? Until they shall do this, it will be in vain that we look for decrease in the bills of premature mortality to that extent which could be wished, for while all outward causes combine together to sow disease among the people, medicine alone can never eradicate it. Medicine treats the *effects*, and not the *causes*. It may, as it does, save many from untimely graves; but constantly there will be arising new victims calling for its aid, till the axe of sanitary regulations is laid at the *causes*, and they be removed from among us.

#### ADULTERATED AND DISEASED MILK.

Of all things found upon the table for food and drink, perhaps none is so badly handled as milk; and when we consider how much young children are dependent upon this article for a living, and how much they are fed upon it, the extent to which it is adulterated, and the sources from whence it often comes, should truly excite attention and alarm. In the old country farm-house, where it can be had pure, there is nothing more healthful than milk; but the stuff sold in our large cities as "pure country milk" is one of the most detestable compounds that can be put into the stomach of an infant.

Milk is adulterated to an incredible extent in all large towns. The most common, and a harmless way, is to dilute it with water. If nothing more than this were done, we might rejoice; but as water makes the fluid look *blue*, and thereby the cheat is rendered apparent, the *expert* in the art of "milk-making" use the yolk of eggs, flour and warm water; also chalk is much used to correct the *blue* cast, and some *scientific* gentlemen use ochre, to give a creamy color, while others manufacture the article by a solution of annatto with subcarbonate of potash and a little sugar. Cream is sometimes increased in its quantity by boiling together rice-powder, arrow-root and starch. Often milk is put in vessels of lead, to make it throw up a larger quantity of cream; and 't has been found that the leaden particles which impregnated the milk produce the most fearful disorders in children.

Said the London *Punch*, speaking of milk in that metropolis, "Recent accounts of the milky ways of the London milkmen have filled us with a desire to have the good old days of chalk and water back again. We knew that under the old system our insides were simply white-washed with a clean if not a very wholesome prepa-

ration; but we shudder at the thought of what the London milk is now declared to be. It is said that the rich, creamy look of the mixture is obtained by the use of starch, sugar of lead, and *brains*. Oh! that we could 'dash out our desperate brains' from our milk jugs, and imbibe the thinnest of decoctions the pump and chalk-pit ever contributed! We might not object to a dash of starch to enable us to get what might be termed a stiff glass of milk, but there is something so awful in the idea of brains, particularly as it is said they come from the knacker's yard, that our own brain reels, swims, and performs various other cerebral eccentricities that we know not how to describe."

In an unadulterated state, and when taken from healthy animals properly fed, milk is a most healthful and nutritious beverage. For thousands of years milk has constituted an important and valuable part of human sustenance, and in many countries the milk of the cow or the goat has been and now is the chief support of the people. Being ready prepared by nature for food, it can at once be appropriated by the rudest savage, as well as more cultivated men; and hence from the creation of the human race to the present day it has been among almost all nations an article of sustenance. Josephus, the historian of the Jews, tells us that "Abel brought *milk* and the first fruits of his flocks as offerings to the Creator." And of Abraham we read that when he was visited by angels in the Plains of Mamre, that "he took *butter* and *milk*, and the calf which he had dressed, and set it before them." The spies of the Israelites that went into Palestine described it as a land "flowing with *milk* and honey," as the most proper words they could use to bespeak its richness and fertility.

How different is the milk of to-day in the cities from that which feasted the men of old; how different from that pure and healthful article, rich and unadulterated, that may be had in the pantry of the countryman. But it is not of *adulterated* milk that we have mostly to complain; for this is not half so dreadful in its effects as an unadulterated article from the cows fed on the slops of distilleries.

Says Hartley, in his Essay on Milk:—"The manner of producing milk to supply cities is so contrary to our knowledge of the laws which govern the animal economy, that from a bare statement of the facts any intelligent mind might confidently anticipate the evils which actually result from it. The natural and healthy condition of the cows is for the most part utterly disregarded. They are crowded together in large numbers in filthy pens, which at once deprives them of adequate exercise and pure air, both of which are indispensably essential to their health. Instead of being supplied with food suited to the masticating and digestive organs of herbivorous and ruminant animals, they are most generally treated as if omnivorous; and their stomachs are gorged with any description of aliment, however unhealthy, which can be most easily and cheaply procured, and will produce the greatest quantity of milk. Thus, in the vicinity of large cities, wherever grain distilleries abound, either in this country or in Europe, *distillery slop* is extensively used. Where *brewers' grains* can be obtained, they are in great requisition for milk-dairies; while in grape-growing countries, the *refuse of the grape* is used for the same purpose, and with effects as pernicious as those produced by the dregs of the distillery. In other cases decayed vegetables, and sour and putrid offals and remnants of kitchens, are gathered up as food for milch cows. Under this unnatural management, the cows become diseased, and the milk becomes impure, unhealthy, and innutritious. Yet this milk is the chief aliment of children in all places where the population is condensed in



great numbers; it is the nourishment chosen and relied upon to develop the physical powers and impart vigor to the constitution during the most feeble and critical period of human life, when the best possible nourishment is especially necessary in order to counteract the injurious effects of the infected air and deficient exercise, which are often inseparable from the conditions of a city life.

"So few are the exceptions to these modes of producing milk, that they may be said to be nearly universal in this and in all other countries, where individuals have collected in large cities. Under the most specious pretences and disguises, this system has been secretly sowing the seeds of disease, preying upon the health of the people, and destroying the lives of thousands of children, while it was supposed to be ministering to our daily wants and necessities. Thus we buy death instead of life. By insidious and unnoticed processes, this vile business has silently extended itself, until it has become an important part of a formidable system, replete with mischief in all its ramifications and results.

"Distillery slop, as food for cattle, is of little value. On such unnatural aliment they become diseased and emaciated. Cows plentifully supplied with it may yield an abundance of milk; but it is notorious that the article thus produced is so defective in the properties essential to good milk, that it cannot be converted into butter or cheese, and of course is good for nothing except to sell.

"After careful inquiry, it has been estimated that about ten thousand cows in the city of New York and neighborhood are condemned to subsist on the residuum or slush of distilleries. This slush, after the ceremony of straining through the organs of sickly cows, and being duly diluted, colored, and medicated, is sold to the citizens at an annual expense of more than a million of dollars. The amount of disease and death consequent upon the use of this milk, will only be known at the day of final judgment. It is extensively injurious and fatal to health and life. Nor does this evil stop with the *milk* alone; for from these distilleries the market is supplied with diseased pork and beef, especially the latter; for thousands of slop-fed cows having in a single year become so diseased as to be of little use at the dairy, they are slaughtered and eaten by our citizens.

"Pure air and exercise are as essential to the health of the cow, and to the healthfulness of her milk, as to man. There exists in each the same necessity for pure air, suitable exercise, and nutrient food. But while this is allowed of man, (though he by no means always has them,) our stall cows are treated as if they were an exception to the general laws of organic life. The effects of living in a foul air are manifested in the animals as well as in man, and are nearly the same—debility, impaired digestion, depression of the vital functions, and often the generation of diseases of the most malignant and fatal character. The air being rendered impure by the breath and perspiration of animals crowded together in small and close apartments—the presence of excrements and stench, and putrifying animal and vegetable matter, which, even with the strictest regard to cleanliness, unavoidably accumulates by immuring them in confined stables; such a condition, in the absence of all other prejudicial causes, cannot fail to prove destructive to health and life."

It is evidently also the design of nature that animals should enjoy that amount of exercise necessary to procure food by moving from one place to another. But this our stall-fed cows do not have. And if their food be changed, they be denied pure air, and exercise not allowed to them, what may we expect but that they will become diseased? What would man be, placed in the same circumstances? And

What can we look for but that the milk from such cows should be pernicious and destructive to human life?

Experiments have been made upon animals, which indicate that a loss of their open range and natural nourishment disorganizes and destroys. Dr. Bacon placed some young rabbits in a confined situation, and fed them with coarse green food—cabbage and grass. They were healthy when cooped up; in a month, one died; nine days after a second died, with tubercles on the liver; the liver of a third, which died four days later still, had nearly lost its structure, so universally was it pervaded with tubercles. Two days subsequently a fourth died, with a considerable number of hydatids attached to the lower surface of the liver. The remaining three were then placed in another situation and given proper food, and they recovered their health and lived. Results similar were obtained from experiments on other animals.

Continues Mr. Hartley—"That cattle fed upon still-slop diet become diseased, is undeniable. The most healthy animals, put upon this unhealthy aliment, soon indicate an accumulation of diseases; and their very appearance, as compared with that of those kept on natural food, is *prima facie* evidence of the fact. In a little time they become so thoroughly distempered as to be of no use; and the dairyman, in order to prevent the loss of their dying upon his hands, is obliged to change his stock at least every *nine months*, by sending his diseased and worn out cattle to the butchers. But in spite of this precaution, the loss by disease is very considerable. A committee of dairymen, engaged in the milk business, reported that out of 1841 cows fed on slops in the vicinity of Brooklyn, 230 died in the course of a *few months* by disease; and from the difficulties of obtaining information from proprietors, there is reason to believe that the actual mortality was far greater than reported. By collating the various estimates and reports of those in the business, the loss of cows by disease may be set down at from 12 to 20 per cent. The animals being bloated with slush, though apparently in good condition, will die as suddenly as unexpectedly. After yielding the usual quantity of milk, they have been known to die the same day! How extremely disgusting the idea of partaking of the milk, not merely of a distempered animal, but of one that is already *dead of disease*!

"Diseased meats, when eaten, every one knows, produce malignant fevers. But against impositions of this kind, the law undertakes to protect the community, though not with success, since it is not only sold fresh, but is more frequently disguised by smoking, and sold as smoked meat. Yet here is a cause incomparably more prolific of disease than any against which the law provides, that entirely escapes its cognizance. There cannot, however, be a rational doubt but that the secretions of a diseased animal in the form of milk, especially when produced from unwholesome aliment, is as unfit for food as is their flesh. Any other conclusion would be as contrary to the known laws of life and health, as to the common sense of mankind.

"Who does not know that the health of the infant is affected by the condition of the sustenance it receives from its mother? that disease is induced by the noxious qualities of the infant's aliment, consequent upon the deranged health of the mother? Is the mother diseased?—the virus generated in the vitiated secretions, taints the nourishment, and is communicated to the child."

"Children," says Pereira, "may be salivated by sucking nurses under the influence of mercury, or purged by the exhibition of drastics, or narcotized by the administration of opiates to the nurse. These are facts of the greatest moment in re-

ference to the frequency of *disease in cows*, and to the possible morbid character of their milk."

And if the child is thus affected by food received from its mother or other nurse, it cannot be doubted that it will likewise be affected by food from any other source. Bad aliment, no matter from where received, can never sustain the body of either child or adult in health and vigor; contrawise, it will induce physical suffering, and often death.

In connection with the subject of infantile deaths, a comparison of statistics of European and American cities show some startling facts that should arouse our attention. Statistics of London show that during the last hundred years, the diminution of infant deaths there has been from 74.5 per cent. to 31.8 per cent., and the same principle is true of other cities of Europe. But in American cities, so far back as information is to be had, *there has been a constant and steady increase of infant mortality*, in nearly an inverse ratio to the decrease in Europe! So that at this time nearly *two-thirds* of the mortality of the city of New York is of children under five years of age; and Philadelphia and Boston are but a small per centage better; while, at the same time, the *total mortality* of the European cities is greater in proportion than that of the American!!! To what is this startling fact to be ascribed, save in a great measure to the use of unhealthy milk, which breeds disease, and carries thousands of infants to the tomb? And this is the more apparent from the fact, that in Europe the curse of still-fed milk is not allowed to the *extent* that it is carried on in *free* America. And hence the difference! We would naturally conclude that everybody in America felt free to scatter death to the extent of his ability.

No one looking at these facts can conclude that the unhealthy influence of bad milk is exaggerated. In New York, Brooklyn, and the places adjacent, it is probable that at least 6,000,000 of gallons of milk is annually consumed. In these places there are some 30,000 children under five years of age to whom this milk is the principal food. At least 4,000,000 gallons of this milk is poisoned by base adulterations, or is the product of stall-fed and still-fed cows, and consequently fit only for the gutter. And when this, the chief support of infant life, carries death in its every drop, is it to be wondered at that the children perish like the leaves of autumn before the blighting frost?

Says Mr. Hartley, "There are many well-disposed persons, who are accustomed to ascribe this terrific waste of infant life to inevitable and fatal necessity, irrespective of the observance or neglect of those secondary causes, through which Providence invariably fulfills its designs. But can such be the purpose of the benevolent Creator? Is so large a number of his rational offspring born with such feeble powers of vitality that life necessarily becomes extinct on the threshold of existence? [And can a divine, knowing of these evils, in his sermon at the grave of an infant, regard as a "divine dispensation" the death of that infant, and say that God in his goodness has taken it away? Has it not rather been murdered by men? If he *can* preach thus, with a clear conscience and a believing heart, let him say on; if not, let him rise and call for the wrath of heaven to banish such iniquities from our midst.—*Author.*] Such conclusions, being inconsistent with the teachings of his Word and Providence, must be rejected as impious and absurd. If this mortality was the appointment of a divine decree, independent of any agencies under human control, then might we become indifferent, and fold our arms in inactivity, for any exertions of ours to prevent it would prove as unavailing as our



regrets. But how are these views reconciled with the increase of infant deaths among us from 32 to 60 per cent., in the course of a few years, while in foreign cities in the same time the result is reversed?" The truth is, our milch cows are shut up in close and filthy stables, deprived of air and exercise, and there fed on detestable compounds till both themselves and their milk is diseased; this milk is peddled out to rear our children, and thus the seeds of disease are sown in the cradle, and the fountains of life poisoned at their source.

In Europe, these things are not altogether so; more scrutiny is exercised, and men are not so freely allowed to kill their fellow men in this way. Here, there is a species of lawlessness in these matters; no inspection is instituted, no checks imposed, and not only does every man "sit under his own vine and his own fig-tree with none to make him afraid," but he peddles death among his fellows with no restraint of anything but his cautchoucy conscience. It would be well if we had less freedom and more law in these matters. The result would be beneficial to the mass, against the pockets of the few.

And not only do infants suffer from this cause, but adults likewise; though their food being less of this kind, the effects of it are not so visible among them.

To give the reader a correct idea of how matters are managed at the slop-dairies, we will condense a description from a memorial to the authorities of the city upon this subject. Says the memorial, (which I find in "Cause of Natural Death,") "I had occasion to walk through Fifteenth-street to the Hudson river. When I had passed the 9th Avenue, my olfactory nerves were shocked by a stench such as it would be difficult to imagine, and impossible to describe. I found it proceeded from the extensive cow stables attached to a distillery. From near the 9th Avenue to the river, I observed long, low sheds, occupying the entire space between Fifteenth and Sixteenth streets. On inspection, I found that each shed was occupied by cows, stalled close together, from eight to ten in a row, arranged cross-wise, and standing back to back so near that a man could scarcely pass between them. The stable appeared to be as free from filth as the nature of the case would admit; but still the stench was horrible! The animals were each tied by a short rope to a trough; and I was informed that they are never taken out after being once stalled, until they cease to give milk, or become sick, when they are sold to the butcher! The troughs are branches of a main trunk, connecting them with the distillery, from which they receive the smoking swill that makes their chief food.

"The following conversation, which I had with several respectable laboring men in the vicinity of the distillery, will serve to enlighten the consumers as to the quality of the article which is so extensively distributed under the name of milk:

"Q. 'Are not these cows liable to disease from being confined so closely and fed on swill?'

"A. 'That indeed they are, sir. If you will take the trouble to look into the lots opposite the stables, you may see from two to six of them staggering about, and ready to drop dead. Sometimes six of them will die in a single day.'

"Q. 'Do they continue to milk them after they are turned out to die?'

"A. 'Yes, sir. I have seen them do it frequently. I have seen them when they were so exhausted as to be unable to stand long enough to be milked, and one man would hold them up while another would milk them.'

"Q. 'Do they really sell that milk through the city?'

"A. 'Yes, sir. They carry it round to their customers every day, under the

name of Westchester county, or Orange county milk. It is a very common thing for country milkmen to bring their cans into the city half full, and fill them up at this establishment.'

"Q. 'What becomes of these sick cows which you speak of? Do they recover?'

"A. 'I believe not a single case of recovery has been known. They appear to die of consumption. Many have been examined after death, and the lungs are always found to be badly diseased. When they stop milking the butcher gets them.'

"Q. 'Is it possible that those diseased animals are sold for beef through the city?'

"A. 'Why, sir, that is no secret! They are carried off to some slaughter-house during the night, or they are taken out of town and cut up, and then brought back to the butcher shops.'

A gentleman who visited another of these establishments says: "As we approached a range of stables, an open window induced us to draw near it, when, unobserved ourselves, we saw a man inside milking one of the cows, whose bag was evidently diseased, and extremely sore. After attentively noticing it, for a few minutes, we discovered that one side of the bag, and one teat, were very much swollen, and that the bag on the swollen side had recently been lanced, and was in a most offensive state of suppuration. But the dairyman, unwilling to lose the milk, was carefully stripping three of the teats, whilst at every pressure of the fingers bloody and yellow corrupt matter was forced from the wound, ran down over the back of his hands, and mingled with the mass of milk in the pail, which was doubtless afterwards sold and eaten by his customers!

"The cow stables are indescribably filthy, and so is everything pertaining to the milk arrangement. The milk room is in the midst of the steam and effluvium of the pens, and scarcely a whit purer, which is sufficient of itself to taint and spoil the best milk. The milk-strainers are used for dish-cloths, and then slapped up against the stable-door to dry. Sometimes a handful of straw is gathered from the stable floor, and whisked around a pail or other vessel, when the vessel is put aside for use."

In order to deceive the purchaser, the milk peddlers of New York and vicinity, as well as the grocerymen who deal in milk, hang out false colors upon their carts and at their stores. When they know that the article they are selling is the product of still-fed cows, or is basely diluted and adulterated, they unblushingly make use of such labels as "Orange county Milk," or "Westchester," or "Essex," or "Long Island," or some other place, and these lying labels are generally accompanied with the prefix of "pure." • Pure! then is Lucifer himself pure in the sight of God! The truth is, that in nine times out of ten this milk never comes from the country; and as to the *purity* of it, there is not used in New York one gallon of pure milk to one thousand of adulterated! If we were to believe these lying labels, the counties about New York must be literally covered with cows, to produce the quantities of milk purporting to be brought from them. If we are to suppose that Orange, Westchester, Essex, Putnam, and other counties around us, produce such a detestable article called milk as is sold in our streets, we must conceive a very poor opinion of them—in fact, that their soils must be beds of poisons! Will the farmers of those regions be content to have an estimate of them based upon the filthy liquid that is peddled in this city? That there is milk brought here from the country is very true; but it is taken by the dealers here and *manufactured over*

before it is sold; first diluted with water to increase the quantity, and then charged with base ingredients to keep up the color; or worse, it is taken to the distilleries and there mixed with the still-fed milk of diseased cows.

Milkmen have various cows and qualities of milk, comparing in price according to the quality of the cow and their food. You can get the milk from the deep red cow, the black cow, the country cow, the stall-fed cow, the cow with one horn, or the cow with two horns, the cow with long horns, or the cow with short horns. As the butter is contained in the horns (!) of the cow, varying according to the number and length of the horns, so they say the price for milk must vary. In addition to these you can get sheep's milk, or goat's milk; chalk, or ochre milk; watered, or not watered; from cows that are able to stand up, or those that have to lie down; from some fed on grass, or from those that cannot eat at all; some that have teeth, and some that need a new set. In fact, a dairyman can furnish you with any quality of milk you desire! but what is remarkable in the matter, he invariably supplies all the different kinds from one and the same can.

That there is some good, pure milk sold here is undoubtedly true; but to get it you must know the one who furnishes you, and you must pay him at least six cents a quart; for good, pure milk cannot be afforded in New York at a less rate than this. Never buy milk at four or even five cents. Use less, and get that which is good. One quart of pure milk will contain more nourishment than a gallon of the diluted; therefore, it is cheapest to buy the best.

In view of these facts, is it strange that our bills of infant mortality are so large? Is it strange when we look at these matters, and the other adulterations, and the infringements of the laws of health in various other modes, that consumption stalks in our midst with a haughty front and sweeps his thousands yearly to the tomb?

### GOOD TEAS ORDAINED OF GOD.

In the article of teas, there is also a large amount of adulteration carried on; many baskets of beach-tree and clover leaves are annually cooked and rolled up and mixed in the favorite beverage of the ladies. A poisonous matter is also used in the coloring of some tea, to make the water look black and "strong" after it has been steeped. In the beach and clover leaves there may be nothing deleterious to the system, unless they be destitute of that bitter principle which operates as a corrective upon the water and upon the secretions of the stomach, which is undoubtedly the case; but then, its introduction is a fraud upon the purchaser. But of the poisonous colorings used, there cannot be too much care exercised to avoid them, for they are hurtful to the system. This work is generally done by the inhabitants of the "celestial empire," where the same principles of imposition seem to be in vogue that are practiced among the "outside barbarians" in more enlightened and Christian countries. Whether the one learned the lesson from the other, I know not; and if so, which was teacher and which pupil, is beyond my power to decide; but I think neither: undoubtedly it is the product of "original sin," springing up abundantly and thriving luxuriously in all countries and in all climes whithersoever the foot of man has trod, and the principle of self-aggrandizement has been the foundation of society.



There has been a great deal written by modern philosophers deprecating the use of tea, and pronouncing it injurious; but where an article can be had that is pure, I consider it as a healthy and excellent beverage. I would not deprive one of my lady friends of this innocent luxury. Indeed, it is not only not hurtful, unless taken in great excess, but is beneficial in its effects upon the system.

There is a custom in Egypt, in respect to the water of the Nile, which, though somewhat muddy, is rendered pure and salutary by being put into jars, the inside of which is rubbed with a paste made of bitter almonds. And we are all well aware, that something of this kind is almost always found necessary. Persons traveling, coming one day upon one kind of water, and the next upon another, would be made sick by this change, did they not correct the water with tea or some other article. And often we find a large region of country where the water will not be healthful to use, unless purified and corrected by the introduction of some bitter substance. And in every age it has been found necessary to find some corrective; and for this certainly no articles are at the same time so useful, reliable and palatable as tea and coffee.

The first account we have on record of the necessity of some purifying substance to remove impurities from waters and render them proper for the stomach, is that given in the case of the Children of Israel, after they had passed through the Red Sea and come to the waters of Marah, having traveled three days in the wilderness without drink. The waters of the river were bitter; and the people murmured against Moses, saying that they could not drink of them! And Moses carried their complaint unto the Lord, who showed him a tree to cast into the river, by which the waters were sweetened that the hosts of Israel might drink thereof. Ex. xv. 23, 24, 25. Since then various vegetable substances have been used to correct waters in all parts of the world, and make them healthy and proper for the stomach.

It is understood that the first inducement of the Chinese to the general use of tea, was to correct the waters of their ponds and rivers. The first discoverers of the Floridas are said to have corrected the stagnant and fetid water they found there by infusing in it the branches of sassafras. It is difficult to say whether the tea corrects the injurious properties of the water before it is taken into the stomach, or whether the secretions of the stomach, from a constant action in digestion, becoming like to the turbid waters of the Nile and the bitterness of Marah, require some corrective, like tea or coffee, to induce a healthy action in them. Probably both of these. Chemical analysis shows that many waters contain in them a solution of sulphate of lime. Into such waters, if any vegetable substance containing oxalic acid (of which there are several instances) is thrown, the lime in solution will be speedily precipitated, and the beverage rendered agreeable and wholesome. It is certain, and a fact well known to physicians and to the sick, that when the stomach, or the secretions, are out of proper order, even to nausea, a cup of good tea will "settle" the stomach, create an appetite where none was before, and assist digestion and aid to the recovery of health. It serves to sweeten the waters of the stomach as the shrub of Moses sweetened the waters of Marah. But how many a delicious cup of tea and coffee have been taken by the sick, without thinking of the wisdom of God in creating and revealing to the knowledge of man these delightful correcting bitters.

In all ages of the world there have been in use some correcting substances to render harmless deleterious waters. When the children of Israel murmured at the

bitterness of the river that was before them, the Lord remembered them in kindness, and pointed out to Moses the corrective substance which made Marah to become sweet and healthful. And so, knowing the wants of man, he has caused to grow the tea and the coffee, and other plants, to supply their wants.

The China teas, coffee, sage tea, and many others, are excellent when taken into a bitter and turbid stomach. There can be no doubt that they correct the deranged secretions. Sae tea is excellent for this purpose, as also to prevent worms in children, and promote health generally. I would urge its use in preference to the bad black, adulterated teas purchased at our stores.

We often find the men, though perhaps quite as fond of tea as the ladies, footing up long columns of figures to show the money spent for tea. But if we can spend a thousand dollars for cigars and tobacco, why not a hundred as well for the better and more useful articles of tea and coffee? We will say nothing of the thousands wasted on wines and liquors by the *economical* gentlemen. By reference to reports, we see that the members of the Common Council of the city of New York, in one month, expended \$581,27 for their "Tea Room." It is not my business to say how much of this sum was laid out on *tea* exclusively; each one can judge for himself of that; but certainly if the gentlemen can indulge in such expenses for the "tea room" abroad, they should not complain if the ladies wish a small sum to purchase the delightful beverage for their tables at home.

Experience teaches us that the stomach requires some gentle bitter to keep the bile in a healthy condition. For this, tea is good; and as long experience has shown that it is harmless, unless taken powerfully strong (which should not be), I would recommend its moderate use, as also the use of coffee, unless you find it does not agree with your system. But always get a *good* article of either of these. Do not drink decoctions of beach tree leaves or of dried peas; for these possess not the virtues of pure "old Java" and good "Hyson Skin."

If our good old mothers and female nurses were prevented from carrying the correcting balm of tea (which is to the sickened stomach like the breast of the mother to the infant,) to cleanse and soothe the heated ragings of the digestive secretions, they would be disarmed of half their medical skill and usefulness in the restoration of the sick to a state of health. Such a thing can never be while intelligence reigns in the human mind.

But in drinking tea and coffee, moderation should always be consulted, as well as in every other good thing of the world. And in some instances, it will be found with these beverages, as with every thing else, that *every one's* system cannot receive them without injury. Therefore every person should understand their effects upon his or her system; and if they are found deleterious, should dispense with their use. No rule can be laid down in this matter, since we all know that what is *most* excellent and beneficial for one person, and good as a general thing, will be found in some few cases to be pernicious and unhealthful.

I would add here, that in cases of nervous persons, who are affected by drinking strong tea, they should take after it a cup of good new milk. This will remove the bad effect of the tea, and restore the nerves and mind to their healthful and pleasant condition.

## IMPORTANCE OF GOOD WATER.

THE importance of a full supply of good and pure water in all large cities it is impossible to overrate—not only as regards the convenience of the inhabitants and their greater power in the extinguishment of fires, but also in relation to health, both directly and indirectly.

As I have before remarked, cleanliness is an essential of health, both as regards the person and the various things by which he is surrounded. Filthy houses, filthy out-buildings, filthy streets, filthy garments, filthy food, filthy drinks, filthy persons—all these are so many propagators of disease and death. And these, unless there be a good supply of pure water, must ever abound in large cities in greater or less degree. "Cleanliness in towns is of such importance," says a Sanitary Report of Massachusetts, "that it should constitute an indispensable part of sanitary policy. Refuse matters, either animal or vegetable, are constantly undergoing change, and giving out vapors and gases which, even in extremely small quantities, are injurious to health. Conclusive proofs of this fact exist. Wherever there is a dirty street, court or dwelling-house, the elements of pestilence are at work in that neighborhood. The cause of many and many a case of typhus fever, cholera morbus, or other fatal diseases, in our cities, villages, and even in the rural and isolated dwellings of the country, may be traced to vegetable matter, or other filth, in the cellar, in or around the house, or in the water used."

The absolute necessity of water to remove pestilential filth is a matter so well understood by all persons of information, that it will be unnecessary to make any very extended remarks upon that point in addition to what has been said in other parts of this work. I would speak more particularly of the effects of water *directly* when taken *into* the system.

In the first place, we should, so far as is possible, have *soft* water, for this is not only much more healthful, but makes a great saving to those who use it. It has been shown that the difference in the use of soap in hard and soft water, where the first contains 14 grains of earthy and saline substances and the latter but one, is at the least \$2.75 to every family of five persons annually. This would make a saving between the two kinds in New York of over \$275,000 annually. This may seem strange to those who have never considered the matter; but it is nevertheless true. And this is merely in the use for *washing*. What the difference would be, taking into account manufactories, breweries, steamboilers, etc., it is difficult to say.

Spring water, and many well waters, though cool and palatable, are not so healthy as a pure, filtered brook or river water free from lime. They generally contain a large amount of earthy ingredients, which induce stone and gravel in the bladder, and other complaints of a fearful nature. Although spring and well waters differ much in respect to this, it is calculated that on the average they contain so much carbonate of lime that persons taking the usual quantity every day for forty years will have drank down as much of this earthy substance as would make a solid pillar of the size of the human body. From this arises stone and gravel in the bladder, and kidney diseases, as is well known to all physicians, and is proved by the fact that since the introduction of the Croton water into New York, the deaths from stone have decreased from 35 or 60 per year to only three in the last



five years! To such an extent are many springs and wells charged with limy compounds, that their water should never be allowed for use in drinking, until the carbonate is precipitated by the introduction of some foreign substance, as tea or some other shrubs of a bitter nature. Were it not for the fact that the kidneys and other secreting organs throw off large quantities of this earthy matter, the water from most springs would soon choke up the system; and even as it is, there is enough remains to produce serious and fatal effects.

That these waters do thus often contain earthy and injurious matter, any lady will know who examines her tea-kettle. It will frequently be found covered on the inside with hard depositions from the water. Nor is the water freed from these impurities by boiling simply, since that which collects upon the kettle is only the earthy part of the water that has boiled away or evaporated. Nor does filtering answer to discharge this lime; because it is held in *solution* by the water, and not in separate particles. The only way in which it can be rendered pure and right for a drink is by distillation.

Some river and brook waters are liable to the same objections; hence, of late years, in obtaining supplies of water for cities, care has been taken to ascertain the *quality* of the article. The inhabitants of London use the water of the Thames, to the extent of 40,000,000 gallons daily; and this quantity, according to Prof. Clark, contains 25 tons of chalk! In addition to this, we are informed by the *Edinburgh Review* that "the refuse and dirt from two millions of individuals—the enormous accumulation of waste and dead animal and vegetable matter—the blood and offal of slaughter-houses—the outpourings from gas-works, dye-works, breweries, distilleries, glue-works, bone-works, tanneries, chemical and other works—and a thousand nameless pollutions (agents for the propagation of disease), all find their way into the Thames. The mixture is next washed backwards and forwards by the tides, and having been thoroughly stirred up and finely comminuted by the unceasing splash of 298 steamboats, is then pumped up for the use of the wealthiest city in the world."

Fortunately, in respect to water, New York, Boston, Philadelphia, and other cities in our country, are supplied with an article in abundance that is as pure as can well be obtained. New York has its Croton, Boston its Cochituate, Philadelphia its Schuylkill—each brought many miles, and at an enormous expense, but one justifiable and wise. Analysis of the water of the river Thames shows it to contain 19·400 grains of solid matter held in solution to the gallon, and 0·258 of mechanical impurities, being a total of 19·638; while the Croton has but 3·70 of solid in solution, and 0·46 mechanical, or a total of 4·16. Analysis of the Schuylkill shows that it contains a little less of solid impurities in solution than the Croton. Of the Cochituate I have not an analysis at hand, but it does not differ but a trifle from the Croton. From these we may see how much better is the water afforded in the three large cities mentioned in this country than that had by the Londoners, and how much preferable to the generality of spring and well waters, as regards the health of the inhabitants. There can be found but very little undistilled water containing less of impurity than the waters of the Schuylkill, Cochituate, and Croton.

Of the deadly effects that often arise from drinking water filled with *mechanical* impurities to any extent, we are all aware. As an illustration of this matter, I would state here (gathered from illustrations of the Croton Aqueduct), that on a

trial at Nottingham, England, in 1836, it was proved that dysentery of an aggravated form was caused in cattle by the use of water contaminated with putrescent vegetable matter, produced by the refuse of a starch manufactory. The fish and frogs in the pond through which the brook ran were destroyed, and all the animals which drank of the water became seriously ill, and many of them died with symptoms of dysentery. It was, moreover, shown that the animals sometimes refused to drink the water—that the mortality was in proportion to the quantity of starch made at different times—and that subsequently, when the putrescent matter was not allowed to pass into the brook, but was conveyed to a river at some distance, the fish and frogs began to return, and the mortality ceased among the cattle. There are many instances on record where individuals and bodies of soldiers have sickened and died of putrid fever and dysentery, from drinking the water of stagnant pools and ditches, or rivers which have received the contents of sewers from houses. From these, out of many other facts which might be adduced, we may see the necessity, if we would enjoy health, of not only having a plenty of water to insure cleanliness, but of possessing an article not injurious to the system.

From analysis it has been shown that the milk of cows who drink water from muddy pools and stagnant ponds is not so good as when having pure water—indeed that it is rendered unhealthy by such water; and in like manner, nursing mothers who make use of bad water will render the food of the child more or less impure, and often induce in it dysentery or other disease. This will be apparent to all when it is remembered how quickly the milk of the cow is affected by eating garlicks or onions, and that if one aliment or drink thus affects it, another must, also, of necessity.

Of the necessity of a sufficiency of pure water, many ancient as well as our modern cities seem to have been aware. In aqueducts, ancient Rome surpassed all the modern world, as in all works of greatness and utility in those times known to men. Pure streams were sought at great distances, and conveyed in artificial channels, supported by arches, many of which were more than a hundred feet high, over steep mountains, deep valleys, and dangerous morasses. Not less than twenty of these stupendous structures were raised during the days of the Roman power, which brought such a supply of water that rivers seemed to flow through the streets and sewers. At the present day, when only three of these aqueducts remain, after the lapse of centuries, the neglect of rulers, and the ravages of barbarians, no city in Europe has a better supply of wholesome water than Rome. In the days of the Emperors, Rome boasted sixteen *public* baths, built of marble, and furnished with every convenience that could be desired; and from the aqueducts a prodigious number of fountains were supplied, many of them gorgeous in architectural beauty. And it is well known that in the locations of tribes of ancient times, as well as among the native Indians of our own country, the first object in view was a stream of water that would give a healthy drink, with good fishing and hunting.

#### LEAD POISONS.

UNDER this I shall give the reader an idea of the diseases and deaths caused to workmen in various trades by the poisons from leads used in their businesses.

It should be a duty of all laborers in any employment, whether mechanical or manufacturing, to make themselves fully acquainted with the effects of the occupation and the articles used, upon their health. Ascertain the nature and effects of the substances handled, the gases inhaled, the dust and smoke taken into the stomach and lungs; and by thus possessing a timely knowledge, you may be able to protect, at least partially, your bowels, stomach, brain, liver, kidneys, and lungs, from the evil results.

In glancing over the annexed table, the reader should call to mind the persons once his acquaintances, who were healthy, cheerful, and happy, with loved friends and companions about them, but who, from the want of knowledge of the baneful effects of their occupations, were carried to untimely graves, the victims of colic, consumption, and other diseases, leaving behind them sorrow in the hearts of wives, parents, brothers, sisters, and other friends.

The following table from the *British and Foreign Medical Review*, will put this great subject at one glance before the reader:—

"The preparations of lead which have been known to give rise to the lead colic, are—1. Metallic Lead. 2. Lead in combination with oxygen; the sub-oxide, mineral orange, litharge and minium or red lead. 3. Combinations of leads with various acids; borate of lead, sub-carbonate, ceruse or white lead, phosphate, chromate and nitrate of lead, the acetate or sugar of lead, and Goulard's extract. 4. Sulphuret, chloride, cyanide, and silicate of lead. 5. The alloys of lead with tin (solder), antimony, copper, silver, and gold.

"The following is a list of the occupations of 1213 persons affected with lead colic, and is stated to be drawn up from actual observation of the cases during a period of eight or nine years (from 1831 to 1839), all, with the exception of nine, having been received at the Hospital of *La Charite*. To this list we have added, for the convenience of comparison, those of the persons suffering from other forms of lead disease, subsequently given by the author in different portions of his work.

	Colic.	Other Diseases.				Total.
Manufacturers of White Lead . . .	406	220	31	0	25	691
"    Red    "    . . .	63	104	6	3	5	181
"    Massicot (Mineral Orange) . . .	12	7	—	—	—	19
House Painters . . . . .	305	168	29	5	20	528
Coach Painters . . . . .	47	33	4	—	—	84
Ornamental Painters . . . . .	33	25	5	—	—	63
Porcelain Painters . . . . .	3	—	—	—	—	3
Gilders . . . . .	1	—	—	—	—	1
Painters or Varnishers on Metal . . . . .	2	—	—	—	—	2
Colored Paper Makers . . . . .	2	—	—	—	—	2
Color Grinders . . . . .	58	43	5	—	3	120
German and Glazed Card Makers . . . . .	19	7	1	1	3	31
Sword Belt Makers . . . . .	2	—	—	—	—	2
Perfumers . . . . .	2	—	—	—	—	2
Earthenware Potters . . . . .	54	33	5	—	2	94
Dutch Ware Potters . . . . .	7	—	—	—	—	7
Carried forward—	1026	640	87	19	58	1830



Brought forward,	Colic.	Other Diseases.				Total
	1026	640	87	19	59	1830
Refiners . . . . .	25	14	3	—	2	44
Plumbers . . . . .	14	10	3	1	—	31
Tinmen (etemeers) . . . . .	8	3	—	—	—	11
Putty Makers . . . . .	4	—	—	—	—	4
Block Tin Workers . . . . .	4	—	1	—	—	5
Jewelers, Goldsmiths, Trinket Makers . . . . .	4	—	—	—	—	4
Copper Founders . . . . .	1	1	—	—	—	3
Bronze Founders . . . . .	1	—	—	—	—	1
Type Founders . . . . .	52	38	4	—	2	96
Printers . . . . .	12	3	3	—	1	24
Small Shot Manufacturers . . . . .	11	5	—	1	2	20
Lapidaries . . . . .	35	27	3	2	3	70
Cutters and Polishers of Crystals . . . . .	3	—	1	—	—	4
Plate Glass Workers . . . . .	2	—	—	—	—	2
Manufacturers of Acetate, Nitrate, and Chromate of Lead } . . . . .	10	5	4	—	—	19
	1213	752	109	23	71	2168

"It will be noticed that the four columns between 'colic' and 'total' seem to refer to *four* diseases besides colic. The second refers to diseases of the joints; the third to paralysis; the fourth to delirium and other disease of the brain; and the fifth to complicated cases not so distinctly marked as to be accurately classified. This explains the seeming addition of another disease."

The principal ways which lead poisons enter the system are in the form of dust, gases, vapor with small particles of lead, breathed through the nose, mouth, and eaten with food, through want of cleanliness. The blood becomes poisoned; the lungs, brain, liver, stomach, bowels, and kidneys lose the mucous coating of their orifices, which become dry, cankered, and sore; and severe and agonizing pains, colic, emaciation—violent pains in the limbs, joints, and abdomen—loss of motion and sensation of the limbs, paralysis—various affections of the brain, insanity, delirium, stupor or lethargy, and loss of one or more of the senses, follow.

Dr. Samuel L. Dana, of Boston, has written a work, with extensive chemical investigations as to lead poisons from lead service pipe, both in Boston and Lowell, showing the danger of persons becoming poisoned by using lead water pipes. Dr. Chilton, of New York, has fully proved the poisonous influences of lead pipes through which the Croton water was passed for family use; but he says that a species of block tin manufactured in New York is perfectly free from all mineral poisons for water purposes.

The New Jersey Zinc Company, of 51 Liberty-street, N. Y., took the first prize at the World's Fair, in England, for a zinc paint, which is far superior to any English article. The zinc paint is destined to be wholly used for paint, it being more durable, neater, and without poison to the painters.

Lead poisons cause great pain under or about the navel. They appear to affect the bronchi of printers, and cause sore or cankered throat, obstinate constipation, with great inability to pass the contents of the bowels. Often bloody urine, with

great difficulty to pass the water, is observed. The only preventive to colic pains and lead consumption is to leave the business which produces the cause of the disease, then apply to a skillful physician to free the blood from all poison.

No preparations of lead should be applied to sores, cuts, bruises, or blisters where the skin has been removed; for persons are thus frequently poisoned. All household furniture or cooking utensils, having lead, tin, or painted glazing, should be kept from any acid fruits, vinegar, or oily substances, likely to remove lead paints, or form oxides of lead. All cider and vinegar faucets should be made of wood, as metallic faucets are poisonous.

My extensive practice has led me to personally treat great numbers of individuals from the above trades, having nearly fallen victims to consumption and death by mineral poisons.

### SEA VOYAGES AND SEA FOOD.

THE aid of a sea voyage in the relief of the consumptive, or a removal to some different climate, though once generally considered great, has, after considerable experience and observation, become to be regarded with but very little favor by the best of our physicians. The statistics of Massachusetts show, in this respect, a fact which would not have been generally believed, namely: that the ratio of deaths by consumption is about the same in the western and hilly parts of that State as on the seaboard. Accurate observations have shown, also, that the chances for consumption in the Southern States of our Union are as great as in the North, though thousands from here have made visits to those parts to escape from the destroyer.

By reports from the armies of Great Britain and the United States, it is shown that in England the ratio of attacks from this disease is annually about 7 out of 1000 inhabitants; in the West Indies, Leeward and Windward Islands, 12; in Jamaica, 13; in Bermuda, 9; in Malta (Mediterranean), 6; Gibraltar, 10; on the United States Coast, from Delaware to Savannah, 13; Southwestern stations, 11; Lower Mississippi and East Florida, 9; Posts on the Lakes, 9; Canada, 6. Localities but little distance apart seem sometimes to differ; but it is extremely difficult to point out to a consumptive patient where he shall go with any hope of eluding consumption by a change of climate. And with regard to the voyage or the trip itself, so many die when at sea, or when on a journey to some other place, that it is rendered doubtful that if in the main inland or ocean trips are beneficial. That in many instances they are productive of good is undoubtedly true; and that in others it would have been better for the patient to remain at home, is no doubt true. Some think themselves compelled to remain at sea, and feel sick, or imagine themselves sick when on shore for a short time; others cannot bear the sea air. So that no rule can be laid down in this matter for the governing of consumptive invalids, nor either in regard to their food.

With my patients I generally prefer to let them follow their own inclination, with reference to a voyage at sea, a trip into the hilly countries, or a residence by the sea-shore, at certain seasons of the year; always giving them appropriate medicines, and taking advantage, so far as possible, of the situation. Many consumptives who have been at sea say they should have been buried there but for my advice and medicines, and many others have said the same who have traveled by land in

various countries. A wise man takes his overcoat and umbrella for fear of a storm so should the consumptive invalid take his healing remedies with him in case of need.

Contiguity to swampy lands and marshes is bad, not only for consumptives, but to almost every class of patients. The evaporations from these places are more to be dreaded than the effects of climate. Where a section of country is low and marshy, we may look for consumptions and other complaints. Men, as well as animals, will be more healthy on the uplands of any climate, where the soil is dry, and the air and water pure, and trees and grains productive, than in the lower localities. Therefore, low places should be avoided, by others as well as consumptives. In this matter, we might learn wisdom of the American Indians, who never follow the muskrat into swamps to make their camp, when they can avoid it, but choose a high, warm, dry soil, by swift, pure waters, with dry, gravelly banks, and fine woods.

### NEVER NEGLECT A COLD,

BUT use gentle and persevering means to rid yourself of it as soon as possible. Avoid all sudden exposures of the person to cold air and to cold dampness. Summer colds seem to be more productive of consumption, owing probably to the more open state of the pores, and the profuse perspiration when a sudden draft of cold air checks it. Passing from a warm, dry room into a damp one while in a state of perspiration, either in summer or winter, is dangerous, unless you be securely clothed. Females going out of heated manufactories after their meals, when fatigued with the labors of the day, soon become victims to leucorrhoeal weaknesses, and to suppressions of menstruation, which are productive of congestion of the lungs and liver, and of consumption and colds; and diseases of the lungs and liver check the natural wastes of the body, whereby impurities are collected to form tubercles and ulcers, ending in death of the person by consumption. It is strange that girls, and even women, who it might be thought had arrived at the years of discretion, should, when about to have a regular menstruation, resort to the rash and fatal step of immersing their feet in cold water, to prevent the regular flow, in order that they may be able to attend some ball or party; thus designedly checking the operations of nature, and insuring to themselves a deranged menstruation, leading to inflammation and consumption. Mothers should never allow a daughter to perpetrate this enormous evil against herself and against the health of her future offspring: for not only does a woman by this practice expose herself to disease, but, bringing on derangement of the genital organs, the child afterwards conceived is thereby rendered unhealthy in its first state, and brings that unhealthiness with it into the world.

Cold after cold, at any season of the year, will effect an increase of irritation, until at last the cough and the expectoration will not leave at all; the cough will increase, the menses cease, inflammation will supervene, and, unless the proper remedial agents be applied, consumption will soon seal the fate of the sufferer. Sage, pennyroyal, or catnip tea, drank warm, with soaking the feet, and getting up a good perspiration, and then taking one of the Anti-Bilious Pills, and lying warm in bed till the morning, is almost sure to produce a return of the menses when they have been suppressed by taking cold. But should these fail, do not relax efforts, either



by your own knowledge or by consulting a physician, until the menses are set right; for sickness soon follows a suppression, and causes a quick decline and death.

Cough does not always indicate a cold. It is sometimes caused by catarrh, tuberculous throat or lungs, and ulcers and grub in the lungs or liver.

The causes of cold are so numerous that no rule can be laid down to avoid it other than to dress comfortably, and with attention to the state of the weather, the condition of the body and of the places where you are to go. Extremes of cold should always be avoided when the body is warm. In this respect, every person should learn to be his own physician.

Calomel, blue pills, acids, and tartar emetics, have been given so copiously to mankind, that susceptibility to colds and disorganized blood have become so great, that consumption and general derangement of the system threaten to afflict the entire race; and until they are abandoned for vegetable remedies, there can be but little hope for a long continuance of health.

### BLEEDING LUNGS EASILY CURED

BLEEDING at the lungs is generally produced by strains, or by a rush of blood to those organs. Congested or bleeding lungs are much more frequent among females than among males, owing to tight lacing, wearing bodiced dresses, corsets, whale-bones, etc., which lessen action of the heart, and prevent a free circulation of the blood. A bleeding at the lungs sometimes gives a temporary relief to a patient, and is as good as a bleeding at the nose.

Many physicians pretend that the lungs can never get well after bleeding; but such a statement serves only to expose their ignorance; for, as I have before mentioned, there is not a day passes but the lungs of some one are torn by the introduction of some foreign substance, and caused to bleed; and yet, the persons recover from the effect oftentimes, and live to a good old age. General Jackson had a rifle ball shot through a part of one of his lungs, which soon healed. He was President of the United States after that occurrence, and lived for many years. General Shields, at Washington, so renowned in the Mexican war, now an active Senator from Illinois, had, during his brave efforts, Mexican lead, from the mouth of the Mexican rifle, pass through one of his lungs, which soon healed; but he being bullet proof, now fights the national battles in the Senate chamber, where we hope, by the blessing of God, he may live for many years, to be alike unextinguishable by the deadly arrows of despotism. I never think a case of consumption less curable because the lungs are bleeding. I have had many cases where the patient had bled from a table-spoonful to a pint at a single time, and have cured such persons; and have lately examined a lady who could lift scarcely any weight at all without blood running from the lungs, but who is now, under my treatment, fast recovering.

Bleeding a patient is practised by some physicians in attempts to cure consumption; but it is productive of evil. Beware of the "prostrating" system of practice, for it kills ten where it cures one. If you are consumptive, also keep blisters and plasters off the chest. The respiration is hindered by them, and they exhaust the nervous system, and produce weakness by the drain upon the body. A cloth wet with cold water and applied to the part, is much better than blisters and plasters.

Avoid all reducing, as far as possible, from any cause ; health is what you want, not emaciation and sickness. A fool can make sick ; but it must take a wise man to restore the victim to health.

Bleeding at the lungs should receive the earliest attention ; it will not answer to let it run long. Many persons have bled to death in a very few minutes from a rupture of the blood-vessels in the lungs.

The grub, when in the lungs, often causes bleeding, with an uneasy, crawling pain in the lungs and chest. Grub in the head, liver, or spleen, causes bleeding from those parts, either by the mouth in coughing or vomiting, or by the nose. Grub in the ovaries, kidney, or uterus, produce flooding or bleeding from those organs, discharged through the front passage, and create a gnawing pain in the back, side, or womb. By killing and dislodging this animal, the pain and bleeding is stopped, and consumption cured, the same as the killing and dislodgment of worms cures the worm sickness. [See Grub Consumption.]

It is my intention, at some future time, to reveal the secret of reaching and destroying the grub, as also to make public the medicines that will surely kill him ; but for the present I shall not do so. Meantime, any troubled with disease from the presence of grub in their system, can find speedy relief by applying to me only, and taking my medicines, which will restore them to health.

### CATARRHAL CONSUMPTION.

THE head is the seat of a great many diseases, which reduce the invalid to a skeleton, and send him to the consumptive's grave. Yet the head is rarely examined after death to ascertain the nature of the disease, even when no cause of death is found by dissecting the other parts.

Catarrhal discharges are often very copious as well as offensive, contaminating with an acrid and poisonous matter, which extends over and inflames the membrane lining the nose, mouth, palate, throat, larynx, trachia, and air-cells and tubes of the lungs, and the inner parts of the eyes and ears—coating all these parts with a thick mucus, which, in the case of the lungs, prevents the action of the air upon the blood ; by which means the blood is left unpurified, to produce consumption and humors of various kinds.

Catarrh causes cough, with expectoration of white and yellow matter ; pain, tightness, and stricture of the lungs, with ulceration and canker of the passages it covers. It causes dullness of hearing, discharge from the ears, and sometimes partial loss of sight. It produces roaring and buzzing noises of various kinds in the ears, floating objects before the sight, pain in the eyeballs and nerves to the eyes, with numerous aches of the eyes, ears, and head. Catarrh is also a frequent cause of pulmonic consumption.

This disease is caused by humors in the blood, by frequent colds, and breathing dust and impure air. It has produced thousands of cases of insanity, idiocy, inflammation, deafness, blindness, and consumption, and has sent many victims to the tomb.

Catarrh is perfectly curable under the proper treatment. A use of my Catarrh Snuff, Lung Corrector, Blood Renovator, Anti-Bilious Pills, and German Ointment,

will eradicate it. These medicines, when taken in connection, cleanse the head, regulate the lungs, purify the blood, open the bowels, and remove obstructions from the various orifices, each performing its own particular office,—and all placing the system in a healthy state, under which catarrh can no longer exist.

### RELIGION AIDS IN THE CURE OF CONSUMPTION.

To the stricken sufferer, languishing upon a bed of pain, how cheering is the oft-returning thought that he is a child of God, an accepted son of Him who created the heavens and the earth, and filled them with the works of His wondrous power. How cheering the thought that through Christ, who tasted death for all mankind, he shall be enabled to pass fearlessly through the "dark valley of the shadow of death," and stand at last upon the banks of the heavenly Jordan, where flow in abundant streams the milk and honey of divine love—where he shall find new life in Jesus, and be welcomed by the angels of God with the enchanting music of *Paradisian melody*.

The true Christian, though suffering upon a bed of pain, can rejoice in heart at thought of the happiness that awaits him beyond the tomb; and trusting in God, can be cheerful in the midst of tribulation. But with the sinner, who has not the bright hope of heaven before him, there must ever be an instinctive dread of death, which will harass him in the midst of his bodily suffering.

Pure and undefiled religion in the heart makes life sweet, and lightens the pains of death, in view of happiness above. Job, during all his afflictions, could praise God and adore the hand of Him who afflicted him. Death is no terror to the real children of God, although they may wish to live for those they so dearly love. Religion calms the troubled mind. Christ is the healing physician for all the ills of the soul. Look to Him, for He often afflicts, but if He *will*, He never fails of a cure.

I have little fear about curing the worst cases of consumption when the invalid is a true child of God, and implores the aid of Christ. The greatest and best men of every age, whether in sickness or in battle, often prayed to the God of Hosts for deliverance. Job prayed for deliverance from disease; Daniel prayed God to shut the mouth of the lions, when cast into their den; and the Lord heard and answered their prayers of faith by putting the evil away from them. Shadrach, Meshach, and Abednego, when cast into the fiery furnace, prayed unto the God of their fathers for deliverance; and they came forth from the flames without even so much as the smell of the raging fires upon their garments. Moses, though often tempted by the children of Israel, prayed unto the Lord his God, and he was led in safety by the arm of the Almighty for forty years in the wilderness. And at the bitter waters of Marah Moses prayed unto the Lord, and his prayer was answered, and the waters made sweet. And our own illustrious Washington, in the darkest days of the Revolution, and in the hardest battles for the freedom of our country, often went aside to pray to God for deliverance from oppression. And his prayer was not turned away unanswered.

In all your afflictions and your sickness, neglect not to pray and to feel reliance in the strong arm of Jehovah, to lift you from the bed of pain; for by this will your mind be calmed, and you be more liable to recover. In this manner I have seen many, very many, aided to a recovery of health, who, had they trusted not in God



and given themselves up to despondency and fear, would have gone down to the tomb.

It is indeed a privilege to be a child of God, an heir of heaven and of eternal glory. But it is a privilege we may all enjoy, for Christ has said, whosoever will come may partake of the waters of life freely, and he that drinketh thereof shall never thirst. God is able and willing to provide; and he asks all to put on the wedding garment of righteousness, and come unto the supper of the Lamb. And what a cheering thought is this to the consumptive; often it lifts him from the bed of disease and pain; and if it fail in that, through the wisdom of Him who doeth all things well, there is the blessed satisfaction of reposing at last in the arms of Christ, where there is sweet peace and unending rest, and where sickness and pain shall never come.

### LOSS OF MECHANICAL EQUILIBRIUM.

THIS is the deforming, in whatever way, in the size, shape, or location of any organ of the body, a derangement of the natural mechanism of the system, which, more or less, powerfully tends to disease and death. Each bone and muscle, and every vital organ, must have its own proper place, without a contraction, hindrance or obstruction in any way, if we would have a state of perfect health. There is no part of the body but may be disordered by the loss of the mechanical equilibrium therein.

To see the effect of a loss in the equilibrium of the neck and chest, for instance, let us look at those persons who are in the habit of carrying large weights upon the head. They are enabled to do this by preserving an erect position of the head and neck particularly, and of the person generally; but if this erect carriage were lost, the persons would be instantly crushed down under the weight of their loads.

A well-formed figure is a beauty to any person; and in all positions, whether lying down, sitting, walking or laboring, care should be taken not to derange the mechanical equilibrium and thus produce distortion, to be followed by decay and premature death.

The first great cause of feebleness, bodily suffering, and premature death, is the disturbance of mechanical equilibrium. By mechanical equilibrium, we here mean that just poise or balance of the human system by which all its parts are perfectly and properly preserved and supported, as nature designed, so that the whole remain firm in their proper place.

This equilibrium of the human body is the first great guarantee of Nature's God for the preservation of life and health. Man, in distinction from the beasts, was created "*upright*." We see him walking "*upright*" in harmony with the original design of his Creator. Any deviation from this design must manifestly be injurious to him. No wise design can be infringed with entire impunity. But this glorious law of *uprightness* has been and is constantly being infringed. Hence feebleness, disease, and death, everywhere prevail.

The human body may aptly be compared to a machine perfectly adapted to accomplish certain ends, and never to fail, except through violence or accident, until those ends are accomplished.

So the human-body, with its various, complicated, and wonderful parts, is a ma-

chine pre-eminently adapted to accomplish important ends, and not to fail, except through violation of the great law of mechanical equilibrium by which it is sustained, until it has accomplished those ends.

Then, and never till then, did nature design that "the dust should return to the earth as it was, and the spirit to God who gave it."

The mechanical equilibrium of the human body may be disturbed or destroyed by submitting to a stooping or bending attitude in the pursuit of any occupation.

Habit, and not necessity, makes people stoop and bend in their occupations. By these habits, thousands annually ruin their health and destroy their lives, in following their occupations.

In all healthy and well-organized constitutions, the habit of stooping is formed; it is not natural. It begins on the floor at home; from thence it extends to the infant school; and, as soon as may be, from thence to the common schools, where it prevails universally. [See article on Erect Carriage.]

Mechanical equilibrium may be destroyed and poor health induced by wearing the clothing too tight around the waist.

This is always attended with danger, and especially when the size of the waist is thereby diminished, as is the case in millions of instances.

This is one of the most fruitful causes known in our world for the wide-spread havoc which disease, in its varied and multiplied forms, is making among the fairest and brightest part of creation. Close dressing, or "tight lacing," as it is sometimes called, is not exclusively practiced by the ladies. Many of the male sex, particularly young gentlemen moving in the more fashionable circles of life, carry this practice to nearly as great an extent as the ladies themselves, though it is generally less known, they being somewhat more private about letting the secret of their wasp-waists get abroad.

From this cause millions of both sexes are constantly suffering inexpressible injuries.

By contracting the chest unnaturally, the heart and lungs are prevented from easily discharging their office, and these, in their turn, by sympathy, affect the organs of the lower bowels, and thus the foundations of life and health are all disturbed and thrown out of their equilibrium, and hence a large share of the physical evils and suffering which we everywhere behold.

It has often been asked what mean those sallow complexions, and languid eyes, and pallid lips, and hollow cheeks, and hurried breathings, and trembling nerves, and sepulchral voices, that abound in every community? Derangement of mechanical equilibrium, by tight lacing, is the answer.

What mean the untold multitude of spinal weaknesses, and pains in the side, and kidney affections, and falling of the bowels, and hacking coughs, that meet us wherever we go.

Derangement of mechanical equilibrium and support, by tight lacing, in connection with weak and impure blood, must be the answer. It is impossible here to enumerate but a few of the many evils that follow in the train of too tight lacing of the waist. The evils are extremely deplorable. Hundreds of thousands from this cause annually descend into untimely graves. And still new victims are constantly multiplying to take their place.

Shall there be none to pity? none to warn? A voice seems to come up from

the grave, and sound in our ears the note of alarm, which the living are slow to give.

The mechanical equilibrium of the human body may be disturbed and deranged by accidents, so called.

It would be utterly impossible for us here to particularize the numerous ways in which the just equilibrium of the human body is constantly being disturbed and destroyed by accidents, and thus producing all the evils which we have enumerated. Neither their number nor extent can ever be told; yet we know they are frightful causes of shattered health and untimely graves. No people, nation, or kingdom under heaven is exempt; no age has ever been free.

They vary from the slightest disturbance of mechanical equilibrium and support to the most perfect annihilation, and are productive of the evils to mankind in proportion to the nature and extent of the disturbance.

Intentional violence is another fruitful and terrific cause of disturbance and destruction of mechanical equilibrium, inducing the loss of health and life.

How vast and shocking is the field here presented to the eye of the philanthropist! How dreadful to the contemplation even of a stoic or a barbarian!

It embraces within its limits all the murders that have ever been committed: all the mutilations, carnage and death of every private encounter, and of every battle-field of maddened and desperate men, throughout all time. Let the carnage upon the bloody battle-fields of the world bear witness to this. Let the mutilated and shattered frames, and broken constitutions of thousands from those fields of strife, bear witness.

Therefore, let those who value health, and who would enjoy the world in comfort to a ripe old age, take good care that they do not, in any way, destroy the mechanical equilibrium of the body; for, as shown here, and in the article on "Erect Carriage," the loss of this is the loss of health and the cause of premature decay and death.

But if the equilibrium of the body is already lost, and you are suffering from any weakness of the spine, chest, loins, shoulders, &c., recollect that these defects must be remedied as speedily as possible. To this end, you should secure one of my celebrated Shoulder Braces, which prevents the shoulder blades from spreading apart, and keeps them in their regular position; opens and expands the chest, and gives large lungs, with free respiration; braces the loins, and strengthens the small of the back; and, when used in connection with medicines for removing pains in those regions, and purifying and strengthening the blood, will give you an erect and handsome figure, vigorous with elasticity and strength. [See articles on Shoulder Brace, and Erect Carriage, and notices of Medicines.]

### LIVE YOU MUST, AND DIE YOU CANNOT,

UNTIL old age takes down your body of clay, provided you obey the moral and physical laws appointed for your governance, and moderately and temperately gratify the desires of your nature in the legitimate way. Excess in anything connected with the system, will induce disease and bring on death prematurely; but gratification in moderation and temperance, will prolong life and give health and happiness. Keep the blood pure and healthy, and do not lose the mechanical



equilibrium of the body, and you will remain long in the land given you to inherit; but if you choke up the system with earthy matter, and suffer the blood to get thick and humory, death will soon take down your tabernacle of clay.

Let all the powers of the body be naturally and moderately indulged in their instincts. Be men and women of wisdom, given to observation and instruction, rather than children of ignorance, given to disobedience. Obey the laws of health, and you may long and pray for death, but it will be far from you. Be cheerful, be happy and contented, yet patient and persevering; never given to idleness or licentiousness; study purity of body and mind, and length of days will crown you with success and plenty.

### CONSUMPTION OF THE LIVER.

THIS is caused by imprudence in eating and drinking, by compressure in lacing, by imperfect menstruation, caustic bile, gall stones in the liver, humors of the blood, worms, and grub in the liver.

A person troubled with consumption of the liver often has a great change of the countenance, alternately pale, yellow, blue and spotted; has sometimes enlargement of, or pain in, the right side, cough, expectoration, attended often with vomiting, raising the food, costiveness, and hot flushes; also, frequently a weak, pale or blue blood, with small veins and weak and slow pulse, with more or less pain and soreness in the region of the liver.

Grubs in the liver often produce a copious discharge from the bowels of a bilious, watery substance, frequently accompanied with a quantity of the vermin. They also give a constant uneasy crawling or gnawing pain, indicative of the live animalculæ which inhabit the liver. Sometimes an issue or running sore is formed on the side, by which the grubs matterate or are discharged in great quantities. I have known from a pint to a gallon of grubs, with secretions, burst into and be discharged from the bowels in a short time.

The grub often cause running issues or fistulas in an extremity of the system, remote from the organ they inhabit. Grub in the spine or muscles of the back or hips, often cause running issues about or near those parts, which are frequently mistaken for white swellings or scrofulous sores, yet may be easily detected by a competent physician. [See Grub Consumption.]

Consumption of the liver is often mistaken for pulmonary consumption by most physicians. And no man is properly capacitated to treat invalids suffering from this disease until he first learns to accurately distinguish between the two. He must do this before he can cure either. The first grand secrets in curing consumption are to ascertain the nature of the disease, the location and the cause. But this cannot be accurately done without the aid of the Lung Barometer. Thousands of invalids who had consumption, induced by the presence of grub in the system, have said to their physicians, "Give me something that will stop this sickening, gnawing pain." But the physician, not knowing the cause, could not remove the vexatious feeling.

I never fully understood the sufferings of invalids troubled with consumption by grubs till I discovered and dislodged them from the system of a patient. Then I no longer wondered at his strange feelings. Had I known of the existence of this

viper in the human system years before I did, I might have saved thousands who have gone down to the tomb. But now I am ready to say, Come one, come all, and find delivery from the foul destroyer.

### KIDNEY CONSUMPTION.

THE office of the kidneys is to secrete from the blood the watery portion thereof, or the urine. Consumption of the kidneys may be caused by humors of the blood, falls or strains, masturbation, venereal taint, scrofula, excessive sexual intercourse, gravel, mercurial poisons, imperfect menstruation, wearing heavy skirts, tight-lacing, colds, and grub, or kidney snake.

Grub in the kidneys causes dropsy, bloated legs and feet, enlarged abdomen, gleet and seminal discharges, in both sexes; a white mucus gleet in ladies, offensive urine, and a grumbling pain in the region of the kidneys. The kidney snake causes similar symptoms, but the pain is more intense—the snake being more powerful and deadly than the grub. The kidney snake varies in length from four inches to three feet, and in diameter from one-eighth to one inch. This reptile is often found in animals. I have frequently taken them from domestic animals by dissecting, that I might study their nature and habits.

The presence of the kidney snake often produces a weak back, as if the back were broken; so that there is no use of the body below the small of the back. The effect of this is to give a bed-ridden invalid, who finally ends his days in consumption.

Grub, or kidney snake, also cause a sore or a curved spine, pain in the back or the head, idiocy, insanity, convulsions, spasms, fits, and paralysis. To cure these diseases, when caused by the presence of these reptiles, they must first be destroyed and dislodged from the system.

No description of symptoms can be given to determine whether or not the grub or kidney snake exist in the system, from the fact that the symptoms closely resemble those in inflammation and chronic diseases. Experience and practice are the only safe guides to detect the presence of these animals and their location; as they are as difficult of detection from other diseases as common worms or tape worms.

I have cured many cases of kidney consumption, both when induced by the grub and by other causes; and in the few instances of kidney snake in the system of my patients, have succeeded in expelling them also. So that I feel no hesitation in saying that any troubled in any manner as above indicated, and who will apply to me for relief, shall be restored to health, unless their disease is of such long standing as to be past all relief by medicines.

In all ordinary cases of affections of the kidneys, the Water Regulator, the Anti-Bilious Pills, and Blood Renovator, used in connection with the German Ointment, applied over the seat of the disease, will give relief and effect a cure without further treatment. In addition to these, it may be useful to occasionally apply electric power from the galvanic battery, or make use of the Magnetic Compass.

## ENLARGEMENT OF THE SPLEEN.

THE office of the spleen seems to be to act as a reservoir for the retention of the blood when there is an abundance in the system, and to discharge it when the blood in the veins gets low. The spleen is often enlarged by tumors and diseased by cancers, and is a favorite location for the grub, he delighting to live where he can drink the purest blood and drain the vital sweets of life. The grub is found in great numbers in the spleen, clustering in bunches like grapes. When located there, there is great pain and a gnawing sensation in the left side, a little below and to the left of the heart. Grub in the spleen cause emaciation, pain and exhaustion, shortness of breath, and consumption, as in other organs.

The grub is dislodged from the spleen in the same manner and by the same medicines and treatment as from other organs; and he being removed, and the system properly renovated, HEALTH ENSUES to the patient.

## SEXUAL LOVE A HAPPINESS TO AND STIMULATOR OF MANKIND.

"A virtuous woman is a crown to her husband; but she that maketh ashamed is as rottenness in his bones."—Prov. xii. 4.

WITHOUT the existing differences of man and woman, how dull, tasteless, gloomy, unloveable, unrefined and worthless would life be to both sexes! God said, "It is not good for man to be alone," Gen. ii. 18; and if alone, it is easy to see how little pleasure there would be in life to either sex—how poorly would life be worth the living. The youth looks forward with joyful anticipation to that day in the future when, by acts of kindness and attention, he shall win to himself the object of his greatest affection, and take her, with her sweetness and sympathy, to his bosom, to be the partner of his joys and sorrows, a soother in the hour of affliction, a comforter for his days upon the earth.

Of all the creations of God, woman is to man the dearest and the best. To win and enjoy the society of the female who has captivated his heart is the highest and the holiest ambition of the man; and that day in which she places her hand in his to be thenceforth his devoted and loving wife, is the happiest of his earthly existence.

How noble are the acts of youthful love! How forgetful of self is he who exerts his every nerve to give pleasure to the idol of his affections! How sweet the hour when the first kiss of confiding love from ruby lips is placed by the beautiful girl upon the cheek of him who is to be her stay in life—her comfort and hope of earthly happiness; about whose heart the tendrils of her sweetest affections shall twine as the clinging ivy grasps the sturdy oak

To the devoted lover, the day of marriage is the happiest of his earthly existence; for then is opened to him the gates of connubial bliss, and that joy which is the greatest of earth—the joy of a life of wedded love—has its hallowed commencement. To attain to this there is no hardship he will not encounter, no care he will not bear, no toil he will not endure, no tempest he will not brave, no thorny path of life he will not tread, no ocean but he will plow, no land but he will tra-



verse, no mountain he will not climb; for over, and through, and by these, he is to reap the reward of sweet smiles, and gentle, loving words, and kind attentions, and endearing sympathies from the one adored object of his heart. And when enjoyed in its purity and holiness, this connubial love—this joy of wedded life—is at once the greatest happiness of man, and the greatest possible of all stimulants to laudable ambition and exertion. But there be many who enjoy it not—many more to whom it does not come in the fullness of fruition. And why? What is it that often tears asunder the loving hearts of man and woman?—that invades the peace of happy families?—that stings with the venom of the serpent the hearts of the fondest?—that snatches from life that cup of connubial joy, in which, as it were, is a foretaste of the delights of heaven? Prostitution and its concomitant evils! And if it remain unchecked for a few more years, spreading its foul diseases and blighting influences over the land, what will become of the sweet happiness of wedded life?—what of the health of our people? The marriage bed will become desolate in dishonor, and the once pure blood of the whole human family be filled with the seeds of consumption and premature decay! Disease and Death, and Pollution and Harlotry, will reign upon the earth! Health and Virtue will desert the land, and the race become miserable victims of sin!

Shall an evil of this kind continue unrebuked? Shall sin sap the foundations of life and virtue? Shall lust triumph over wedded love, and the desire of the devil prevail? All men know of the existence of this evil; they may be apprised of its magnitude; they may behold its blighting effects upon health and upon religion. Be they divines, or physicians, or laymen, their eyes cannot be closed against the hideousness of the sin that stalks in our midst at noonday, and revels untrammelled at midnight. And yet, they do not wrestle against it, as did Jacob of old with the angel of God. The medical shepherds have gone to sleep in drunkenness on the gains of sickness; they have feasted on the ignorance of those whom they should have warned from evil, and taken the last dollar from the unwary victim of disease. What will be the fate of those men, in the day of judgment, who, being in trust upon earth, did not perform their duty to their fellow-beings by warning the youth of the land against the great evil of prostitution, and so instructing them that they should escape its snares? And what will be the punishment of those parents who rear their children in ignorance, and warn them not of this evil, because of foolish delicacy or of indifference?

Against the spread of this monster vice, and to the furtherance of health and happiness of man and woman, the grand prescription is rational indulgence of the richest gift of God to man, in early marriage, where is purity of both sexes and happiness unalloyed. To this should parents and teachers give countenance, that the evils of libertinism and prostitution may be suppressed, and health and happiness be the reward of all.

#### WEDDED LOVE PREVENTS CONSUMPTION.

THE greatest and best object of life being attained, and happiness enjoyed in connubial love, the mind is placed at ease; it partakes of a species of contentment that operates to bestow health upon the system. It is not difficult to see how happiness in the wedded state so operates as to produce health, or at least in great degree to

prevent sickness. Who does not know that often sickness is induced by the *mind*?—that the mental so works upon the physical as to breed disease where none before existed, and often to carry its victim to the grave? Every physician of experience will tell you that in case of sickness the *mind* of the patient must be kept quiet, and, as far as possible, from anxiety and trouble upon every point, inasmuch as trouble of mind not only retards recovery, but often prevents it. And surely if mental anxiety retards recovery in sickness, mental repose and contentment will keep disease, in a measure, from invading the system.

Disappointment in love is a fruitful cause of disease, physical and mental; and particularly is it a friend of consumption. It is also an aid to prostitution. Look back upon the acquaintances of your younger days, and how many of you will recollect of this one who was carried to the grave of the consumptive through disappointment in love, or to the retreat for the insane from the same cause, or to the life of the courtesan. There have been thousands who have fallen victims to these and other evils, because of a disappointment in love, who, had they wedded the choice of their hearts in early life, would have become happy and shining ornaments in society; and there be thousands more who have been saved from untimely ends by participation in the joys of connubial life.

Diseases having their origin in a disappointment in love matters, or in deception with regard to marriage, I have found to be the most difficult of cure of any class that the physician encounters. Indeed, consumption arising from this cause almost always baffles human skill, when there is no hope that the invalid will ever be received into the bosom of that object whose indifference or duplicity has caused the decline of health. If the party giving offense chances to die, the invalid from disappointed love is more likely to recover health, than if the person lived and married another. And in case the disappointed or deceived one chances to find another object of love, equally captivating and kind, on which the affections of the heart can be confidently fixed, the probability of recovery is rendered almost certain. The healing remedy is in giving to the afflicted heart the first, or another object, around which the tendrils of love can twine. But where this cannot be done, and no marriage with which the soul can be satisfied can be brought about, a disease having its origin in disappointment in love, no matter what form it may take—insanity, consumption, or other complaint—is most difficult of cure. I have a dread of undertaking cases of consumption arising from this cause, more than any other. Were the antidote required in the shape of a medicine, I could feel confident of success; but where it is in the shape of a stubborn man or sinful woman, who will not yield, and give a return of love, I can claim no skill in the cure of disease. Could I influence the estranged party to prescribe *himself* or *herself* as an antidote (as I have many times done), there would be but very few cases that would baffle the power of the treatment, more especially if full faith and confidence between the parties could be restored.

No individual, of either sex, should make promises regarding marriage, or manifest symptoms that will give token of an existing love for another party, when marriage is not fully and heartily intended. To tamper with the affections of another is a most grievous sin: a source from whence often flows sorrow, sickness, and untimely death. Coquetry in either sex is despicable and unpardonable. Surely, no man or woman would like to look back upon an insane, a dissipated, or ghastly consumptive person, brought to that state through their instrumentality, especially

if there had been no cause for offense on the other side. Let those who would not look upon such an object of their own making, beware of trifling with the affections.

In general, those who marry the first love, and take a partner in early life, in whose heart is friendship and esteem, enjoy the greatest happiness in wedded life. Late marriages are very apt to be faulty; too often there has been previous deception, previous love, disappointment, perhaps sexual gratification, frequently self-pollution, and less of undivided love. At least, there is much greater probability of one or several of these, than in cases of early marriage, as will be obvious to all; since the passage of time gives more and more opportunities, and presents more and more temptations. The woman of twenty-five to thirty years of age, who has been "in company" ten to fifteen years; who has passed through a dozen seasons of balls and parties; who has danced with one, and rode with another, and been on excursions with a third, and to a watering-place with a fourth, has sung and read with a fifth, been waited on to concerts by a sixth, has practiced on the piano with a seventh, "set up" with the eighth, had her hand squeezed by the ninth, and her foot gently trod on by the tenth, and her lips kissed by the eleventh, and her waist encircled by the arm of the twelfth; and who has been through and done a hundred other things, must be something more or less than woman, with a woman's soul and a woman's passions, if the *thirteenth* man find her heart whole, and her virtue untarnished. It is almost beyond the nature of things that goods so long and so often handled—that have been so many years in the market to be gazed at, and perhaps admired, and sought after by we know not how many, should not become tarnished in greater or less degree! And what is true of one sex in this respect is true also of the other. Therefore, in the very nature of things, it is easy to see how much more probable it is that happiness will follow a marriage consummated in youth than one brought about in later life.

With those authors who encourage protracted celibacy, as being better for the health of the married, and better for their offspring, and as more likely to give devoted love and true happiness in after life, I beg to disagree. Neither reason, nature, inspiration, or experience sanction their views; on the contrary, they are contradicted by all these, as I have fully shown in other parts of this work.

To give the reader a faint idea of the effects of disappointment in love—which early marriage would have in most cases prevented—I will add a few statistics from reports of insane asylums.

The Pennsylvania Hospital for the Insane reports 32 cases of insanity from disappointed love out of 1806; Worcester Retreat, 94 out of 2326; and the Utica Asylum, 60 out of 2376. In addition to these, it should be recollected that there is a large number the *cause* of whose insanity is not known; and, could we get at the truth, it would be found that a much larger number of the insane than these figures indicate are the victims of misplaced affection. Let those who have been in the habit of trifling with the love of those whom they meet in their society, look at these facts and be restrained, lest they also cause irreparable evil.

Of the number of consumptives annually sent to the tomb by this cause, it is impossible to give any correct idea; since all persons dying of consumption are reported as victims to that disease, without the cause of the disease itself being named. But the number very greatly exceeds those made insane in the same way, and, were it possible to see them paraded, the sum total would be such as, I am sure, would restrain every man and every woman from foolish and premeditated



trifling in matters of love and marriage. These remarks I make for the purpose of showing to you a great cause of sickness and insanity, in the hope that a knowledge of the *causes* will lead many to guard against them, and thus save much of misery to their fellows. That you may all profit from the reading hereof, is the sincere wish of the author.

### DOMESTIC QUARRELS.

"Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."—PROVERBS XV. 17.

DOMESTIC QUARRELS are a prolific source of misery, of disease and death. Where there is quarrelling in the married state, we may expect evil to flow forth, if not to the parties themselves, to their offspring.

Of the causes of domestic quarrels I will mention a few of the more prominent: intemperance, loss of property, infidelity, difference of religious views, abuse by words or acts, bad government of the children, spendthrift habits, disappointments by interference of the other party, use of snuff or tobacco, marrying to please friends or to get money instead of for true love; dissimilarity of tastes, and likes and dislikes of pleasure; jealousy, with or without cause; venereal disease in either party; deformity, or inability to cohabit, kept secret till after marriage; and a host of others, any of which not only breed discord and turn what should be a paradise of peace into quarrelling, but often produce insanity and consumption, and operate in greater or less degree banefully upon offspring. The most of these might be avoided by candor, obedience to the laws of health and morality, forbearance, prudence, and consulting the heart in marriage.

The number of cases of insanity arising from domestic afflictions are reported at the Pennsylvania Hospital as 53 out of a total of 1806; at Worcester, 311 of a total of 2326; at Utica, 92 of a total of 2743. Besides these a large number of patients are reported of whose ailing the cause is "unknown," and a good proportion of these, undoubtedly, are the victims of domestic difficulties.

The number of deaths by consumption induced by domestic quarrels, it is as impossible to give as to give those induced by disappointments in love, and for the same reason. It is greatly to be regretted, for the benefit of coming generations, that more particular statistics upon the causes of *disease*, as well as the causes of the *death*, immediately, are not kept in every place. Such statistics would be of immense value to the physician, and to mankind generally. They would greatly enlighten the minds of the people, and would open means of instruction by which health and length of days would be greatly promoted.

A vast amount of domestic unhappiness is caused by persons marrying without reference to the desire of the heart—for wealth, or station, or to please friends. In order to the enjoyment of that perfect happiness which God designed should accompany the marriage state, there must be between the parties confiding and unbounded love, sympathy of soul, union of interest, similarity of taste, mutual desire to do all for and be all in all to each other, with disposition to yield, and forbearance, and forgiveness of trivial faults, the birth of moments of irritation. Where such feelings as these exist, there will be affinity of souls and reciprocation in deeds of love that will insure such happiness as is to be enjoyed only in the married state. As 170

drops of water when brought in contact will mingle into one in perfect harmony so will two souls, when fitted for each other as I have described, be mingled together in the blessed existence of a wedded life. But where love is not found—where there is not union of interest, affinity of spirit and reciprocation in the offices of affection, the souls united at the altar will not mingle together; they will be like unto oil and water, which mix not, but forever remain at enmity. And though the world may judge them happy as man and wife, the world will be deceived; for happiness is not their lot. Persons deceived by, or dissatisfied with, their companions, may put up with their lot; they may bear their chains in silence, rather than that the world should have knowledge of their misery. Where there is no real love, and when blind passion has given way to sober reflection, or where there has been nothing wedded but gold, there will be repulsion if not disgust, and the final effects are unhappiness, consumption, or death, or departure from chastity to revel in the waters of unhallowed lust. But when true loving souls are united, there is harmony and bliss, that in a great degree aid to health and long life. Life in the one case is rendered most miserable; in the other, it is the nearest approximation to perfect happiness that can be attained upon the earth.

#### RESTORATION OF SEXUAL LOVE,

WHERE it has been lost, is a comforter and cause of domestic happiness. Where true love reigns, sorrow has no permanent abiding place, and hatred can never come; each soul is a delight unto the other; each person is a fountain of happiness to the partner of life. Where there is true love between the sexes, neither will tire of the other, nor grow weary in providing each for the other's comfort and happiness.

By sexual love is the whole world stimulated for good and baptized into virtuous deeds, directly or indirectly. Through the influence of this, the one sex is willing to labor day and night to gather that which shall give happiness to its companion of the opposite sex. Sexual love has greater power than is contained in all other forces of the universe combined. Destroy lawful sexual love by propagating prostitution, and the virtue, the happiness, and all the choicest of earthly blessings would be obliterated from among men. Pure and uncorrupted connubial love is the prime mover for joy and happiness upon earth to man and woman; and it must not be suffered to be destroyed by prostitution, or deteriorated by unlawful impressions with other persons, for thereby unhappiness, disease and death would come to make miserable the whole human race.

Sexual bliss is the fountain of happiness for man in domestic life; it is the ruling power of all animal creation. And if in this mankind obeyed the obvious dictates of God, and married young and kept themselves pure in the matrimonial state, consumption and many other diseases would soon be banished from among us, and the whole race would become healthier, happier and wiser. Shame upon the judges and the rulers of the land, that they do not put forth their power for the suppression of harlotry, and thereby save thousands from disease. Shame upon the members of the medical profession, that they do not instruct the people of the evils of Magdalenism, instead of enriching themselves from the pockets of the ignorant. Shame upon the divines, who should be bold teachers of the people, that they do

not cry aloud against the continuance of this evil in our midst. Why should they be dumb to the interests of man and of heaven? Why not come forth, clothed in the armor of God, and speak the truth unto the people, even though it cut right and left, like the two-edged sword of the angel of God? Shame upon those who pronounce harlotry "a necessary evil," (when there is one of the opposite sex for all,) and thus discourage early marriage, virtue and purity of the sexes; from which discouragement come disease and degeneration. Woe is unto these, for by them have offences come.

Upon the women of the country I would call—upon the mothers and daughters of the land—to come out and uphold the purity of their sex and labor for the regeneration of the fallen; to strive to banish the sin of harlotry, and so use their influence that the amorous desires of nature, the passion which is holy and pure, shall be quenched in the sacred waters of connubial love. If they will do this, they will receive the thanks of millions yet unborn, and find laid up for them in heaven a crown of glory, for saving thousands from sorrow, sickness, pain and early death.

#### LOVE HAS ITS MAGNET.

THE magnetism of true love is wonderful: the electric fires of this passion have led many and many a person over sea and land to unite in the sacred enjoyments of connubial bliss with the attracting magnet. Truly has it been said that "love is strong as death."—Songs viii. 6.

True love is an offspring of God: for God himself is love. And when the soul of man or woman has found its counterpart—its own attracting magnet—and is joined to its fellow in the bonds of matrimony, the very angels of heaven will smile a smile of gladness and joy. But if the soul find not its magnet, the true breath, and essence, and spirit of the marriage relation cannot be enjoyed. How often do we see the magnetism of love operate to carry a man thousands of miles away, that he may unite his soul to the soul of her who seems to have been appointed for his bride. How often do we see the maiden refuse many offers of marriage, feeling within herself that she has not yet found the counterpart of her heart—that her attracting magnet has not yet drawn her soul away into the soul of another. The man and woman feel within them an instinctive longing after the magnet of their souls, and are not satisfied until they feel the magnetism of another soul and are drawn irresistibly to the bosom where the longing of love is quenched in matrimonial bliss. As the soul of the godly man searches out the soul of another like unto itself, or as the soul of the ungodly searcheth for another ungodly soul, so does the love of man or woman go forth to find and meet its attracting magnet. And when, finally, the heart has found its magnet, and two earnestly loving spirits are united together, there peace and happiness will abound; there health will be much more likely to be found than where two dissimilar and unloving hearts are joined together; there will be better tempered, more lovely, more intelligent, more healthful offspring. But where marriage has taken place without this affinity of soul, discords, and coldness, and contentions come, breeding unhappiness and longings for what is not possessed, which in their turn generate often declines and consumption, that lead swiftly to the tomb.



## SECTARIANISM A CAUSE OF CONSUMPTION.

It is often the case that we find in a family a great diversity of opinions upon what may well be termed the non-essentials of religion; and see the husband belonging to one church, the wife to another, the son to a third, the daughter to a fourth. Each of these will be set in his or her way, and will generally consider that only by the particular road he or she has chosen, can heaven ever be attained—believing that the others are astray from religion and from God. The results of this diversity of opinion upon religion, or rather this sectarianism, are often lamentable in a high degree. They give rise to disputations, to bickerings, to discords; and often by them love is turned into hatred.

Such a state of things is not only to be deplored as doing much to the injury of religion, and the cause of christianizing the world, but also as a source of sickness in innumerable instances. While the members of different churches are at heart at war with each other—while the wife cannot partake of the sacrament at the same table with the husband, nor the son at the same with the daughter, or the children with the parents; all are to go down into the same grave, and each one hopes to arrive at last in the same heaven. But instead of doing that which shall earn heaven, by having charity one towards another, they let animosities rankle in the heart.

True religion knows no hatred, or jealousy, or envy, or uncharitableness; it is filled with affection towards mother, father, husband, wife, son or daughter, brother or sister. It scruples not to bend the knee in worship of Jehovah at the same altar with those who differ in non-essentials; it prays alike with its own church member and the member of another church; it is filled with love to all and for all, and worships God not after forms, but out of the truth of its heart, and from pure love of God and Christ; it sees one God for all, one Saviour for the redemption of all. Sectarianism is not of God, but of man; nor will God, in the hour of judgment, judge men as the members of a church, but by the righteousness or wickedness of their hearts.

Sectarianism is a fruitful cause of consumption and early death; therefore I would warn my readers against indulgence in the feeling that it too often breeds. The seeds of disease once planted in the system from this cause, the person is much less likely to recover health than if some bodily difficulty gave rise to the complaint. The healthiness of the mind should be preserved by purity of religion, and harmony of worship, as well as the body protected from disease. For the benefit of the race, it would be well for us to have a *union* church, where all the children of God could be gathered together under the shadow of the cross, by the love of Christ,—a church where all could be united; where they could pray with souls in unison, and partake of the Supper of the Lamb together; where baptism should be in accordance with the dictates of their own conscience; where husband, wife, son, and daughter, could unite in supplication unto the Lord of Hosts, as well in the church as at the family altar; where there would be one God, one Saviour, one religion, one love, with unity and harmony. Pure religion is a love of God for all, heaven for all, earthly communion and happiness for all. Sectarianism is love for a part, God for part, hatred for part, church for part, communion for part, heaven for part, and hell for part.

The seeds of consumption should not be sown in the body by sectarianism. But in the way these matters are often managed, this result too frequently happens.

Strifes arise, discord and hatred come, and these are followed by consumption, by insanity, by sickness, and disease. Again, then, let me warn you against this indulgence of ungodly sectarianism, which is from the aspirations of men, and not of God.

The reports of the Utica Lunatic Asylum, show 250 cases of insanity from religious anxiety and excitement, out of a total of 2743; Worcester 248, out of 2326; Pennsylvania 67, out of 1806. Of the number of cases of consumption from the same cause, we have no means of knowing; but certain it is that there is a great number every year, (far exceeding the lunatics,) the victims of sectarian discord and trouble. If our readers would examine the lunatic reports throughout the country, they would see at a glance the evils of sectarianism as a fruitful cause of insanity, (as it is of other complaints,) and strive not to let it breed discord among them.

### THICK BOOTS AND SHOES

ARE excellent as guards against consumptive diseases. The habit indulged in in fashionable society, and especially among the female sex, of wearing *thin* shoes, through which the water penetrates as easily as through a piece of brown paper, is very destructive to health. Thousands by this means are every year hurried to the grave.

In fashionable society it is considered exceedingly ungenteel to wear a shoe or boot sufficiently thick to exclude the water met with at every turn in wet weather. A patent leather, or a cloth gaiter, or very thin calf-skin, must be worn in all weathers; and through these the water penetrates the instant the foot touches it, and the cold from damp ground; and then, often, the person remains through the whole day with his feet in this damp or wet situation. The effect is generally a severe cold, followed by a cough, and suppressed menstruation, and consumption, ending in untimely death. Many and many is the man and the woman that can trace decline directly and unmistakably to this source.

In respect to this evil, the ladies suffer more than the gentlemen. It is notorious that the pale and delicate woman, who looks as if a breath of wind would blow her away, or a severe frost nip her down as easily as a leaf, will wear shoes in the coldest of weather that are no more protection to the feet than paper! And if you suggest that they should use something else, they will seem horrified at the idea of it! They wear a thick boot!—they would as soon think of wearing a basket upon the head! Now, why a woman, who has been tenderly reared in all the enervating refinements of modern civilization, should be able to enjoy health with less protection to her extremities than is required by a robust man, passes my ability to understand. It is not to be wondered at that many of them become consumptive from this cause; and they will continue to become consumptive, and will bring unhealthy offspring into the world, until they abandon such pernicious habits.

Wear good thick shoes that will keep out the wet, and keep the feet from sudden chills on going into the cool air. I do not mean by *thick* shoes that you should put on a pair of clumsy and uncomely shoes, but use your own sense; see what sort of a shoe will protect your foot, and then wear it, despite of fashion. And when you go out doors in cold, wet weather, use rubbers; and although with these you may not receive so many compliments of owning a pretty foot as you walk the street, you

will have the better satisfaction of possessing a rosy cheek, a sparkling eye, a lively countenance, and of enjoying good health as a reward.

### AIR-TIGHT STOVES.

AMONG the inventions of modern times to destroy health, we may reckon the air-tight stove, which is being brought into use in many places. This article is decidedly injurious to the consumptive person, as well as often aiding to induce the disease. I would advise the discontinuance of their use. Though you may save by them a few dollars in fuel, you will lose many more by having yourself or some one in the family made sick by them.

Air-tight stoves operate in all rooms where there is not a fresh circulation of the air, to destroy the oxygen or vital principle of the air. And thus the air is made impure and unfit to breathe, and becomes the medium of disease and death. Also, there not being any draught whereby the gases generated by the combustion of fuel are carried off through the pipe, they find their way into the room, filling it with a poisonous atmosphere that no man can breathe and remain in good health. And as this bad atmosphere is *continued* hour after hour, and day after day, and often through the night, in rooms where persons sleep, it will be obvious to any one that ill health must be produced thereby. If these stoves are to be used, they must be allowed a free draught through them, the same as others, or no person consumptively inclined and living by them, can expect to get better. I have but little hope of the power of medicine to cure any one living in the room with an air-tight stove. [See Article on Air.]

As I have shown in other parts of this work, no man can continue in good health who is constantly breathing an impure atmosphere. It is often the case that persons sit day after day in a room where an air-tight stove is consuming nearly all the oxygen of the air that is admitted, and filling it with gas. And if they do this, it is not at all strange that they become sick. Illness after such treatment of the lungs, is but the effect of an obvious cause; and those who see the cause, and do not endeavor to guard against it, cannot in reason expect to escape consumption. If you would not precipitate yourself into the tomb, you must discard those articles, and abandon those practices, which lead thereto.

### THE DEATH OF A RELATIVE OR FRIEND

OFTEN breeds a consumption, under which the victim is carried to the grave. That sorrow "which will not be comforted" is extremely injurious to health, and often fatal to life. Whatever the cause of a great sorrow, if the sorrow be not put away in a certain degree, it will eat upon the body, and carry its victim to the tomb. An unrestrained indulgence in anguish over that which has passed, or which is inevitable, is both irreligious and unphilosophical, is forewarned against by God, and should be banished from every person. If it has been the choice of Providence to remove from us a beloved husband or wife—a dear child, or a fond parent, it is our duty to receive such dispensation with feelings of resignation, and not bow down in utter subjection unto sorrow. Or if any other afflictions have come upon us, it is in opposition to true piety or to sound philosophy, to give up wholly in sorrow. To



have sorrow for the death of a near friend is both right and natural; but to let it prey upon the spirit, and wear out the body, as is often done, is neither right or natural; not right, because it doubts the power of God to raise to new life; not natural, because it becomes a feeling of morbidness and irreligion, rather than a godly sorrow of submission.

The victims of undue sorrow are many. The loss of friends, the loss of property, defeat in the attainment of some desired point, the sickness or sad fate of children, disappointment in love—these and many other things generate in sympathetic natures a sorrow so lasting and poignant as to wear out the person. Young females who have been disappointed in love, are particularly the subjects of this. Having lavished upon the idol of the heart all the richness and sweetness of their love and affection, and then being deserted, they fall into what sometimes proves an incurable sorrow, and often pine away and die. This is at once wrong, foolish, and sinful; wrong, because it produces evil effects upon the body unnecessarily, and which work no good to any one; foolish, because indulgence therein can neither mend nor restore that which is broken or lost; sinful, because it brings anguish and sorrow to others also, and is in opposition to that godly piety and resignation which should dwell in every heart.

Besides the victims to consumption from grief, numerous persons are thereby made insane. The Report of the Pennsylvania Insane Retreat gives 268 cases of insanity from sorrow, induced by loss of friends, loss of property, disappointed affection, disappointed expectation, and domestic difficulties, out of 1806 cases in total; at the Worcester Retreat 645, of a total of 2463, are referred to the same cause; and at the Utica Retreat 855, of a total of 2743, are similarly reported.

As an antidote against disease, cheerfulness is excellent; but undue sorrow is the reverse; therefore it is the part of wisdom to "take trouble by the smooth handle"—to lay not up sorrow in the heart, but to feel, even though affliction settle around you, cheerful and resigned. Troubles taken thus become less difficult to be borne; their weight is sensibly diminished; and under their presence neither soul or body feels so acutely the burden as if they were met by either a complaining or a sorrowing spirit. To preserve health, and to live to a good old age in enjoyment of the world, learn to take "trouble by the smooth handle," and, however much you are afflicted, to look upward and ahead with a hope unending, and that cannot be overcome.

### CONSUMPTION, A CHILD OF FASHION.

"Then why thus fade the loveliest flowers?"

Oh, why do the young and the beautiful die,  
Ere they drink of the rapture of summer's sweet hours,  
Ere the brow hath a cloud or the bosom a sigh?"

CONSUMPTION is, in a great degree, a child of Fashion, though it is found in almost all parts of the world. As I have shown in different places in this work, the fashions of dress, of eating, of drinking, of turning night into day, of delaying marriage, of marrying without love, and numerous others, are the causes of many cases of consumption, as well as of other diseases. To show how much we are made victims of consumption by our fashions and habits, we may look at the North

American Indians, among whom this disease is of very rare occurrence. Although they are subject to the vicissitudes of all sorts of weather, they seldom become weakly and run into decline. They have no health-destroying fashions. They are not brought up in the enervating and destructive habits that prevail among civilized people; and therefore when meeting *accidental* causes to disease that would produce a fatal effect upon the enervated citizen of the fashionable town, their systems are able to withstand these effects, and they escape the colds and the consumptions so prevalent and so fatal among us.

And the deleterious influences of our fashions may be shown in other respects, by comparison of our fashionable women with the Indian women, and those of other uncivilized nations—as in parturition. Every physician, and every mother, knows of the pains and the labors in child-birth among us. But how is it in this matter with the Indian woman? Says Stephenson, in his "Twenty Years' Residence in South America," "Among the Araucanian Indians, a mother, immediately on her delivery, takes her child, and going down to the nearest stream of water, washes herself and it, and retires to the usual labors of her station." And Lawrence, in "Lectures on the Natural History of Man," observes—"The very easy labors of native Americans, and other women in the savage state, have been often noticed by travelers. This point is not explicable by any prerogative of *physical formation*, for the pelvis is rather smaller in these dark-colored races than in the European and other white people. Simple diet, constant and laborious exertion, give to these children of nature a hardness of constitution, and exempt them from most of the ills which afflict the indolent and luxurious females of civilized societies. Analogous differences, from the like causes, may be seen in the animal kingdom. Cows kept in towns, and other animals deprived of their healthful exercise, and accustomed to unnatural foods and habits, often have difficult labors, and suffer much in parturition."

These facts are sufficient to show that in a great degree the ills of civilized life are fairly chargeable upon the habits and fashions of the people. If we would discard the pernicious practices which I have labored to point out, and would obey the laws of life and health, there would be for us all a much larger amount of physical strength than we now enjoy; we should improve as a race, consumption would become a rare disease, and we should be mentally and physically superior to what we now are or ever will be while pernicious fashions rule.

It is found in the history of the American Indians, once inhabiting the whole of this continent, where consumption now prevails, and occupying the very localities our consumptive population now inhabit, that a case of pulmonary consumption was never known among them while living in their savage state! But when they are brought into white settlements, and civilized, and adopt the *habits* prevalent among us, they become as liable to consumption as the whites!

Now, what are the physical characteristics of the Indian in his wild woods? He is *remarkable* for being straight in his figure; his chest is full and symmetrical, indicating full play of the lungs; his shoulders and shoulder-blades are laid flat against the chest, and the whole weight of his arms, shoulders, and shoulder-blades, is thrown *back* of the chest—this always operating to *expand* it instead of contracting it; he is much out of doors, and breathes freely of a pure, fresh air; he never stoops in his walk; he pursues no avocations that have a tendency to contract the chest; and he indulges in athletic exercises. And this fact holds good among the

animals; for they do not have consumption in their wild state, but when brought under unnatural habits, frequently suffer therefrom. This shows how much consumption is a *child of fashion*.

### ASTHMA, A CURABLE DISEASE.

THIS painful disease is an affection of the lungs or bronchial vessels, and generally of a spasmodic nature, occurring in paroxysms, which take place usually at night. Under its influence there is a short and difficult respiration, wheezing, stricture of the chest, and a cough; all of which are worse when lying down than when sitting. It is more general among persons of a full and plethoric habit, than with others; more common among men than among women.

Asthma having once manifested itself in a person, it usually returns periodically, especially if excited by certain causes, such as a sudden change from cold to warm weather—from a heavier to a lighter atmosphere; severe exercise, which imparts a quicker circulation to the blood; an increase in the size of the stomach from over-eating or from a collection of air in the stomach; exposure to cold, obstructing perspiration, and causing an accumulation of blood in the lungs; irritations of smoke, dust, and other noxious particles in the air; disagreeable odors; and violent excitements of the mind.

There are two species of this disease—the *humid*, and the *dry*, or *spasmodic*. When there is a free discharge of mucus, it is termed humid; when there is little or no expectoration, it is designated the spasmodic asthma.

The fits of asthma are brought on by almost anything which increases the action of the heart, and stimulates and fills the vessels of the mucous membranes. Intense heat, lightness of air, severe exercise, full meals, stimulating drinks, exposure to cold, effluvia, and strong mental emotions, produce the asthma in many persons. Congestions of blood, or of serous humors in the lungs, sudden changes of temperature, rheumatic, gouty, scrofulous and scorbutic taints, dyspepsia, irritation of the organs of respiration; suppression of accustomed evacuations, frequent catarrhal attacks, water in the chest, aneurisms, general debility, polypi, concretions of grumous blood in the large vessels—all these are causes from which this disease may arise in different individuals. In many cases it results from a malformation of the chest, either a defect at birth, or brought about by bad habits of dress; and in many more it is the result of an hereditary predisposition.

The patient is generally forewarned of the approach of an asthmatic paroxysm by heartburn, indigestion, languor, flatulency, itching of the skin, sleepiness, and pain over the eyes. The attacks are commonly at night, and often wake the person from sleep. Frequently the tightness is so great, as to threaten immediate extinction of life by a complete stoppage of respiration. For a considerable time the breathing will be but *gasps*, slowly, and with a *wheezing* noise—speaking difficult and painful, and a propensity for coughing. Commonly the paroxysms will subside by morning; breathing and speaking will be easier; generally there will be a copious expectoration, on which the patient will feel easier. These fits commonly return every night for three or four nights in succession; they will then gradually yield, and the paroxysm will terminate, till some cause or causes induce a return.

During a fit of asthma, the pulse will be weak, irregular, or quick, indicating a



disturbance of the heart; the surface of the body will be pale, the muscles seem shrunk, and there will be a copious flow of limpid urine.

When the predisposition to asthma is strong, it may be brought on at any time by one of the causes mentioned; but if it be weak, it will recur periodically. Generally there will always be experienced more or less difficulty of breathing, particularly on going up stairs or ascending a hill, or if running. *Wheezing* is very common, with a morbid accumulation of mucus in the bronchial tubes.

It is often the case that persons suffering from this disease acutely cannot lie down in bed; and many sleep in a chair year after year—the constant prey of difficult respiration and fear of sudden death.

In fits of the asthma, as the lungs cannot be sufficiently dilated with air, the passage of blood through the pulmonary vessels is not free; hence the face will appear full and bloated, and the eyes unnaturally turgid. During the fit, the patient has a desire for cool fresh air, which often revives him. A close room, with a fire in it, is very bad for the asthmatic; as are generally warm things given internally.

In asthma, sometimes the patient will have a fit, and then remain free for months; in other cases, it will come at regular intervals of ten days or a fortnight, or once a month. The reason why the fits so often occur first in the night, is supposed to be owing to the heat of the bed, and the horizontal position of the body.

Relapses in this disease are attended with an increase of the symptoms, and the vigor of the constitution is impaired, till finally a chronic weakness is induced. The difficulty of breathing is much greater in these relapses, and the sensation of tightness over the breast often becomes so distressing that the patient will feel as if he were bound with cords. His anxiety is inexpressible, and he labors in respiration as if every moment would be his last. Severe vomiting often occurs; the hands and feet of the patient grow cold, and he is subject to palpitations and faintings. Cool, fresh air becomes absolutely necessary. While thus laboring for breath, the patient is obliged to rise from his bed; he cannot bear the weight of the bed clothes upon him. The shoulders are elevated to give the muscles of the chest their greatest power of action in raising the ribs in inspiration. When the violence of the fit abates and the respiration becomes easier, the patient begins to expectorate phlegm, often mixed with blood. This affords relief; for the evacuation is made from the parts affected—from the vessels which have been obstructed. This expectoration is one of the most certain signs of the abatement of the complaint; particularly if a moisture and softness of the skin, and a sediment in the urine, make their appearance.

The blood spit up generally comes from a rupture or dilatation of blood vessels in the lungs. Sometimes the quantity is considerable; but all free discharges of blood from the lungs, though they afford relief, are unfavorable signs, as they denote greater violence of the disease. The nose, too, will sometimes gush out blood during the fit from the obstruction given to the return of the blood through the pulmonary vessels into the left auricle of the heart.

The fits of asthma generally increase in violence and duration, as year after year goes by; the expectoration from the mucous glands, which gives temporary relief, becomes itself very troublesome. The glands become relaxed, and the discharge of mucus greater than natural. By this the air vessels are frequently obstructed with phlegm; the respiration is rendered difficult, and the patient breathes with great difficulty, even in the absence of the asthmatic fit. Thus the humid or

humoral asthma is united with the spasmodic or convulsive, and both exist together in the same patient.

The humid asthma is a disorder of the mucous glands of the lungs; the discharge being too copious, the respiration is obstructed. This kind of asthma is more constant, but not so violent as the spasmodic. Both these are *generally* less troublesome in warm than in cold weather; but in some cases this is not so; and in a few, the irritability of the constitution and the rarefaction of the blood are so much increased by warm weather that the fits are more frequent and severe than in cold.

After the convulsive asthma there is often soreness in the breast, partly from the muscular exertion, partly from the cough. Sometimes there are shooting pains in the sides. The frequent returns of asthmatic fits cause sometimes obstructions in the lungs, producing tubercles. These are most liable to be generated where the chest is contracted, and the lungs do not have free play. They occasion a continuance of cough, ending in inflammations, attended with internal pains, difficulty in breathing, and hectic fever.

The humoral asthma often supervenes on the convulsive; and the convulsive sometimes attacks those previously afflicted with the humoral. Persons subject to catarrhs and coughs, expectorating large quantities of phlegm, are sometimes suddenly seized with the spasmodic asthma. It may last but an hour; perhaps a day or two; and then leave them suddenly. The old cough or humoral asthma will continue; and finally another fit of the spasmodic will come on, generally more violent than at first; it goes away again, but is repeated, till it finally becomes habitual; and the patient finds himself laboring under a complication of two diseases; the one aggravating the other, and both growing worse.

The stomach and bowels are liable to be affected in the convulsive asthma; they are often seized with colic pains, and burning heats, are distended with wind, and agitated with tremulous motions, which give a sensation as if something were moving and fluttering within. The appetite is impaired, and sleep prevented or disturbed, and unrefreshing. The menses are sometimes obstructed; sometimes brought on before the usual period; and when the patient is plethoric, that discharge is accompanied with relief. The arms, shoulders and other upper parts of the body are often affected with an uneasiness. In the last state of the disease, it is common that the patient has hectic fever, coldness of the extremities, swelled legs, diarrhoea, faintings, palpitations, vomitings, and various dropsical symptoms, arising from weakness, relaxation, and obstruction of the circulation of blood in the lungs.

The convulsive asthma is sometimes combined with pleurisy, peripneumony, dropsy of the breast, catarrhal and consumptive disorders.

Asthma may manifest itself at any age, but generally it does not appear till after the prime of life is past.

The situation of asthmatic patients is a matter of great importance. In general they cannot breathe easy in elevated situations; too great a proportion of oxygen in the air irritates their weak lungs. An easterly wind is considered injurious, but why, we cannot say, unless that it be *drier* and more irritating. In some instances, asthmatics find relief by resorting to warmer climates, but this is not always the case. I have known instances of asthmatic persons going from New England to the Southern parts of the United States, and being free from the complaint for four or five years while there, but feeling it immediately return on coming back. In

other cases, it has returned to individuals after they had become *acclimated* at the South.

The patient suffering from asthma should have regular exercise. Walking is the best that can be employed. Sailing has been found advantageous. If carriage or horseback exercise is taken, the feet should be kept warm. Moisture should be avoided, and if the clothes get wet they should be immediately changed. The night air should be shunned, and flannels worn next the skin.

Generally, this disease, like consumption, is considered incurable; nevertheless, many persons suffering from it have been restored to health. When taken in season it may be overcome. In most cases, the Blood Renovator, Anti-Bilious Pills, Lung Corrector, and German Ointment, administered according to directions, will afford relief; and if taken before the disease becomes too far advanced, they will effect a cure. But in obstinate and difficult cases, a thorough course of medicine, expressly prepared, will be required. The intervals between the fits are the periods when medicines may be most successfully employed to *eradicate* the disease; for though we lessen debility, and in some degree prevent organic derangement by mitigating the severity and shortening the duration of the fit, yet it seldom happens that a paroxysm proves fatal. An asthmatic patient should not content himself with being relieved from a fit of the disease; he should persevere to obtain a *radical cure*. It is generally the case that asthmatic patients discontinue the use of medicines so soon as they are relieved from the paroxysm. They labor under the impression that the disease once upon them, there is no getting rid of it, just as many consumptives do; and foolishly and sinfully resigning themselves to what they would call their fate, float down the stream of life into the realms of death without making a single proper effort for recovery. While life remains there is hope of health; and he who does not remember this and *strive* for a cure, commits a sin against himself and against his God. To effect a *cure*, the patient must persevere in the use of the proper remedies; unless this is done, no one can reasonably hope to get well of any disease whatever.

### KNIT SHIRTS HASTEN CONSUMPTION.

With reference to the articles of clothing worn next the skin, it is proper that a few remarks should be submitted, showing their effect in some cases. The health of a person often depends no little upon the clothing worn; and in some cases of disease this is a matter of the most vital importance.

Upon the subject of clothing, the ancients furnish but little information. Their clothes were uniformly woollens, and probably washed but seldom, though the body was bathed frequently. But this was not at all a good custom. The clothes, as well as the body, should be often washed.

The interior clothing of the present day is of linen, or cotton, or flannel. The first of these, when worn next the skin, should be frequently changed, in order to keep up perspiration. The only real objection to linen is, that it absorbs the moisture slowly, and, except in warm weather, is too great a conductor of heat from the body.

For the purpose of absorption of the perspiration, cotton or calico is better than



linen; and for shirts or bed gowns it is on this account preferable. For children on many accounts, it is the only proper article of shirting.

Flannel is a still better article for absorption of the perspiration; and if only this is to be considered, it is preferable to any other cloth.

The application of different kinds of clothing to different diseases, is a subject which should receive the investigation of every physician. On a person of thin, emaciated habits, the use of flannels next the skin has been thought by eminent men to be injurious; because by creating a perspiration they have a tendency to exhaust the system to a greater extent than it can bear. In cases, however, where it is worn, the person should admit air to the skin at least once a day; and those who have been accustomed to this internal dress should dispense with its use with great caution. Calico should in the summer be substituted for flannel, and the period of its wear protracted annually; while in spring the flannel should be earlier left off. In general, however, flannels create but little debility if free air be allowed. When the object is to produce and continue a free discharge of sweat, flannel is essentially necessary. Flannel shirts should be frequently changed and washed. They should never be worn above two or three days without being rinsed in cold water, and hung in the open air.

Emaciated persons, with weak blood, and slow circulation, should not wear silk under-shirts, as they conduct away too much of the animal heat, leaving the extremities to grow cold. In warmer climates, or in the hot weather, or on persons of fuller habits, they may be used, as they are cooler and more agreeable. Next to silk for coolness in summer is linen, then cotton. In general, woollens cannot be recommended in warm weather, unless the person is subject to frequent changes of atmosphere, or is made to sweat profusely by his employment. A mixture of cotton and wool is preferable for under-shirts in warm weather.

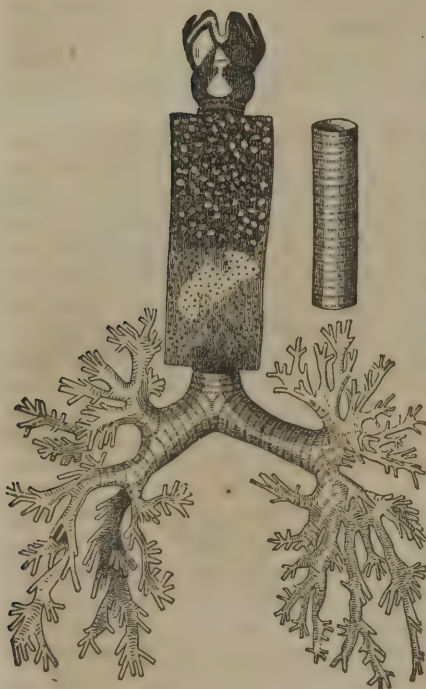
The whole person should be exposed once or twice daily to the air, and should be rubbed briskly with the hand, or a flesh brush, or with a linen or woollen rag or towel. As in the case of animals, so with man; the body will be apt to be "hide-bound" unless this be done. Rubbing softens the skin, opens the pores, loosens the flesh, allows a freer escape of the perspiration, and creates a brisker circulation of the blood.

My objection to the article of knit shirts for an under-dress is, that it fills up quickly, contracts tightly upon the skin, excludes all air, and retards the escape of the waste of the body through perspiration, and deadens the force of the circulation of the blood, creating nervous irritability, disturbed sleep, and bad dreams. Although the contraction of a knit shirt about the body may not be so much as scarcely to be felt, it nevertheless compresses upon the skin to a greater or less degree, and thereby impedes a proper action. Of this fact I am assured by my own observations; and I have met hundreds of instances where the use of this article was working injuriously upon the system, and aided the increase of consumptive symptoms, by contracting the chest and organs of respiration. Therefore, I would advise the discontinuance of its use as an article of under-clothing. Knit drawers contract in the same way, and impede the circulation, making the limbs sleepy clumsy and inactive. All drawers should sit loose, so as not to bind upon the skin, and to admit the air.

As a general thing, people in this country do not wear a sufficiency of clothing in the cold seasons; and in the summer they wear too much. Many persons use the

same kind of clothes the year round, which should never be practised. There is not sufficient attention paid to the changes of climate. Comfort should always be considered, except in those cases where perspiration has been freely induced by exercise or from other cause; and in such cases, the sense of any individual should teach that *temporary* comfort is not to be the rule for governance. Persons going on journeys, or even on short excursions, should always be provided with extra garments, and with umbrellas, and in wet seasons with rubbers, to be prepared for changes in the weather and for storms that may arise. This precaution would save many a fit of sickness, and prevent numerous cases of consumption.

## BRONCHITIS.



No. 42.—CASE OF BRONCHITIS.

This cut presents a view of the bronchial tube laid open, to expose its tuberculous and ulcerated appearance in a case of bronchitis. The expanded wings at the bottom are the two divisions of the tube, running one to each lung, and branching in every direction.

The section of a bronchial tube at the side represents it in its natural state.

the cough abates. If the inflammation terminates without suppuration, the matter

THIS disease is an inflammation of the mucous membrane of the bronchial tubes, through which the air is conveyed to the lungs. It may be either chronic or acute. Its most general cause is the application of cold to the body, suddenly checking the perspiration. Sometimes it is brought on by over-exertion in speaking, singing, or playing on wind instruments; by grub, and by other causes mentioned heretofore in this work. It is very frequent in cold and variable climates.

Acute bronchitis generally commences like a common cold or catarrh, with cough, oppression and tightness of the chest, lassitude, chilliness and some fever. It is generally attended with hoarseness; respiration is more difficult when lying down than when erect. As the disease increases, the severity of the symptoms becomes greater, and in breathing there is a wheezing, cackling sound from the throat, as if the air were forced through a small aperture clogged with a thick fluid. At first the cough is dry; but after a time a secretion of transparent mucus is thrown up copiously, and the violence of

oughed up becomes mixed with yellowish, white or greenish masses, which increase more and more till they form the entire of the expectoration. There is generally a severe pain in the forehead, made worse by coughing; the tongue is white and covered with transparent mucus; and the skin is dry.

Chronic bronchitis is often the result of the acute, but it more commonly arises from a neglected catarrh. Sometimes it is the consequence of measles, hepatic diseases, and of protracted disorders primarily located in the digestive organs. Sometimes it comes directly from exposure to the vicissitudes of heat and cold, and from inhaling irritating vapors or particles of matter from the air. It occasionally occurs in consequence of whooping cough, especially if cold be taken.

Chronic bronchitis is accompanied with troublesome cough, attended with copious expectoration. There is an uneasy and oppressed respiration, sometimes a wheezing, weight and uneasiness at the pit of the stomach, loss of appetite, furred tongue, irregular action of the bowels, quick and irritated pulse, red and scanty urine. The coughing will be generally in fits. Sudden changes of air increase the violence of coughing; and the same effect will be produced by the inhalation of vapors, dust, and sometimes by the act of swallowing.

Bronchitis, both acute and chronic, is often a secondary affection. There are but few diseases of the lungs in which it does not play a more or less important part. It constantly occurs in tuberculous diseases, in cancer in the lungs, influenza, and in pneumonia and pleurisy. It is also of common occurrence in heart disease.

The persons most liable to bronchitis are those who inhale metallic dust, such as needle and edge-tool and gun-barrel grinders; next those who inhale animal or vegetable dust, as sawyers, millers, starch-makers, and flax-dressers; thirdly, those exposed to sudden changes of temperature, as glass-blowers, bakers, brewers, brass and iron-founders, and the like. After these we have persons of sedentary habits, as tailors, clerks, shoemakers and jewelers.

Bronchitis, in its acute form, is seldom fatal; but, when it has become chronic, and is induced in connection with acute diseases, it is more liable to cause death. The number of deaths recorded in New York, in 1851, from bronchitis, was 254.

The influences which sometimes induce an attack of bronchitis are curious. Many persons cannot visit a certain locality without feeling an attack of this complaint. In some cases, a change of locality will affect a cure where medicines have produced but little good. The city resident is often benefited by a visit to the country, and the country resident by going to the city!

Bronchitis, and other diseases of the throat, cause pulmonary consumption. Inflammation of the wind-pipe, and ulceration of the vocal and respiratory organs, leading to the lungs, cause consumption, by preventing anything like vigorous breathing, which is necessary for the proper purification of the blood and to keep the lungs in a healthy condition. This disease is more prevalent than any other affection of the pulmonary organs, and is often mistaken for consumption. Generally, it is neglected in its earlier stages, and therefore often results fatally.

In all cases of bronchitis, the Lung Corrector, Blood Renovator, Anti-Bilious Pills, Catarrh Snuff, and German Ointment, should be used perseveringly, and until a cure is effected. These will effect a cure in almost every case; but, as is barely possible, if bronchitis does not yield to them, a specific treatment will be given on application to me by letter, or in person.



## WOMB AND OVARIAN DISEASES

*Falling of the Bowels and Womb.*—These difficulties have become so common of late years in this country, that it is estimated by a physician that one-fourth part of the married women in cities are subject to the last; how many to the other we know not. Of the causes producing these complaints, we have spoken in articles on Abdominal Supporters, Shoulder Braces, Customs of Dress, Corsets and Stays, and others. "For these diseases," says the distinguished Dr. Meigs, of Philadelphia, "hundreds of poor creatures are bled and cupped, mercurialized, blistered, and antimonated, under a false accusation of liver complaint, or inflammation of the kidneys, who have really committed the small and venial fault of letting the uterus fall down a meagre half inch perhaps." From this statement of Prof. Meigs, we may be able to judge something of the skill of many of the regular medical fraternity.



NO. 43.—ABDOMEN OF THE FEMALE—INTERNAL VIEW.

The subjoined cut represents sectionally, the internal organs of the female in the abdominal region. 1, is the bladder; 2, the womb; 3, the vagina; 4, the rectum, or large bowel; the bone back of the rectum is the prolongation of the vertebral column or spine, known as the sacrum and coccyx; above the bladder and womb are shown the smaller intestines.

From this representation the reader will be able to see how the top of the womb may fall forward upon the bladder, taking the position shown at figure 2 at the top of the cut, or back upon the rectum, taking the position shown at figure 1 at the top; in the first instance producing a desire to evacuate the water very often, and inflammation of the bladder; in the latter causing constipation. Also, it can be seen how the top of the womb may fall to either side; and also how, as is often the case, it can fall directly down into the vagina; also, how the bowels may fall down upon the womb

After conception has taken place, the womb enlarges in size, and consequently presses against the bladder in front and the rectum behind. But at about four and a-half months of conception, the womb rises entirely out of the vagina, and above the bladder, and there remains until the period of parturition.

A careful study of the above cut will give the reader a correct idea of the various phases of the "falling of the womb."

A great cause of falling of the womb is leucorrhea, combined with other causes

Leucorrhœa is induced by the fashions of town life, and by indolence; by exhaustion; bad and watery foods, with too little meat and bread; often use of those destroyers of health, fashionable rocking chairs; and by over-excitements. Combined with leucorrhœa is bad habits of dress and ill-chosen foods, to effect falling of the womb. Dress, as I have shown, weakens all the muscles of the system, and produces a state of general debility, so that they are *not able* to hold the womb in its proper place. If the waist be bound about by a lot of heavy skirts, bearing down the bowels constantly; if a peeked bodice be also thrust down upon the bowels, and if the chest, in which are those vital organs that must have perfect action in order that the muscles may receive the strength necessary to a proper discharge of their office, be crippled with a tight dress or a pair of corsets, there cannot be healthy action in any part; and if the muscles lose their strength from these causes, as is the case in thousands of instances, they cannot possibly hold the womb in its proper place, particularly while these causes are *kept constantly* in existence and at work against the muscles.

No organ or part of the female frame is so liable to get displaced as the womb, and the affection of no other organ will sooner prostrate and break down the person, unless speedily remedied. If the muscles that support the womb retain their strength, and the bowels do not fall upon it from above, it will remain in its proper place. The most universal *immediate* cause of the falling of the womb is the pressure of the bowels upon it, from above, induced by the causes I have mentioned; though it is possible that it may be displaced by falls sideways on the hips, or flat on the back, or on the stomach. Sometimes the womb becomes congested and enlarged, from miscarriage or other cause, and in that case it may fall down by its own weight. The top of the womb may be thrown backwards, upon the back passage; or forwards, upon the bladder. Sometimes it falls to one or the other side of the upper part of the pelvis, or false pelvis, but the most common change is where it falls directly into the front passage, sometimes protruding externally.

The annexed engraving represents a womb fell in at the top, and protruding into the vagina; making a very distressing case, the like of which I have frequently been called upon to prescribe for, seldom failing to give speedy relief, and in most cases effecting a perfect cure.

When the top of the womb falls backwards, and strikes upon the back passage, the female will experience an acute pain in the small of the back—with inability to sit, stand, walk, or lie down, without enduring the greatest agony. Generally, in this condition, the only position that will afford the slightest relief, is that of sitting on the knees in bed. Hysterical fits not unfrequently are produced by the pain from the derangement of the womb in this direction.

When the top of the womb falls forwards, it impinges on the back part and top of the bladder, causing an inability to retain the urine. There are great pains in the bladder and in the stomach. The best position for relief is lying on the back.



NO. 44.—WOMB FELL IN AT THE TOP.

When the womb falls directly down into the front passage, it gives a weakness, and heat, and pain in the small of the back; inability to walk much, especially to go up stairs; the patient is very easily fatigued, with the smallest amount of exercise; nervousness is induced; there are tremblings all over the body, if unusual exercise is performed; listlessness and languor prevail, and the person is inclined to spend much of her time in bed. Sometimes there is excruciating pain at the very end of the backbone, with numerous other disagreeable and distressing feelings; of which a "bearing down"—a feeling as if everything were coming out of the body—is the most common.

The falling of the womb often produces difficulties in the bladder, diseases of the spine, and fluor albus,—the last very debilitating in its effects, and tending to consumption. Barrenness is also induced by the same cause.

The falling of the bowels often induces a miscarriage, from which many a woman dates her decline into consumption, besides the danger arising at the time from floodings and inflammation of the womb. Also, floodings, without a miscarriage, are often referable to the same cause.

When we consider the various dangerous and painful difficulties ensuing from the falling of the bowels and womb; when we note their effects upon the health and life of woman, and through her upon the succeeding generation; who does not feel astonishment that if the causes of these effects are known, those causes are not universally abandoned? To lay the causes before that portion of the community—male and female—which I can reach through the medium of this work, I have deemed a duty incumbent upon me. And I would call upon those who read, and upon those who have suffered, and are still suffering, to aid the cause of health, by abandoning the bad habits of dress, and other evils which I have labored to point out. By thus doing—by giving up those practices and habits which induce the diseases, we may not only be able to recover health, but may often escape disease.

In all cases of falling of the bowels and womb, it will be imperatively necessary to lay aside the pernicious habits which induce most instances of these complaints, if the patient would be restored to health. While they are continued, there can be but a remote hope that any means whatever will avail to effect a cure. If a person wished his system purified from the effects of mercury, and should still continue to take mercury every day, we should hardly expect that his wish could be gratified. And so, if a female desires to be relieved of the afflictions caused by falling of the womb, and still perseveres in the use and exercise of those customs and actions that induce the complaint, we can hardly hope that she will be restored to health. But if she will give these up—if she will hear to the advice of the most eminent medical men in this and in other countries upon this point—and will take the proper remedial agents to strengthen the muscles and the system generally, and renovate and invigorate the blood, she is by no means past recovery. Thousands have been restored to perfect health by thus doing; thousands more may be, if they will.

*Polypus of the Womb.*—Occasionally there will appear growing by a narrow neck to the inside of the womb, a tumor, commonly called polypus. Sometimes these grow to a size almost incredible; and in many cases the symptoms to which they give rise are mistaken by the ignorant or careless practitioner for some other com-



plaint, and the patient is dosed with medicines utterly inadequate and often injurious. Cases of polypi are often mistaken for uterine enlargement.

The annexed engraving represents the womb or uterus, with its appendages. The vagina, or passage leading to the womb, is laid open, exposing a polypus therein. Sometimes these polypi appear in the womb itself, where they are often mistaken for a foetus, as if pregnancy existed. At the sides of the womb are seen the ovaria. In this engraving, one of the ovaria has grubs growing in it; in the other may be seen the ovum or eggs of the female, which, being impregnated with the semen of the male, are developed into the human being. A polypus in the vagina or womb, and grubs in the ovaria, seldom appear at the same time: but this engraving will convey an idea as they exist separate. When any of the organs of generation are affected as here described, child-birth is difficult, and dangerous to the life of the woman; and wherever they exist, pregnancy should, if possible, be prevented.

The polypus generally arises from the presence of humors in the blood, and while those humors remain, it will continue to increase in size. It may be overcome in many instances by the use of internal medicines, but often a surgical operation will be found necessary. In all cases, however, medicines should be used to purify the blood, so as to prevent a re-appearance of the tumor.

*Ulcerations of the Womb.*—The neck of the womb is liable to be afflicted with ulcers of various kinds—originating sometimes through the vices of prostitution and kindred evils—sometimes by misfortunes of a different character. When these are of a scrofulous order, they present very alarming symptoms. It is only necessary, however, that the physician should understand the nature of the disease, in order that, if he have skill in the preparation of medicines,



No. 45.—WOMB AND APPENDAGES.



No. 46.—CANCEROUS AND ULCERATED WOMB.

he may cure it, with ease. All cases of ulceration of the womb may be said to be perfectly curable.

When the womb is in the condition represented in cut No. 46, cohabitation should not be allowed by the woman, nor indulged in by the man, without the use of the French Male Safe.

*Cancer of the Womb.*—This is a complaint of very frequent occurrence. In my remarks upon cancers generally, I have spoken of their often appearing upon the organs of generation—particularly upon the breast. It is the purpose in this place to speak more particularly of those appearing upon the womb.

The supposed origin of cancers in the womb are various. In some cases they have been claimed to be hereditary; and there are certain facts going to support this theory, in many cases. But, as a general thing, it will be found that this theory does not explain their origin. Where there is a humor transmitted in the blood from one generation to another, of a character that develops itself in cancer in the first instance, it is easy to see that it will also be manifested in the same way in the next and succeeding generations. In this light it may be called hereditary. But in the majority of cases, cancer of the womb is believed to arise from a slow inflammation of that organ. And, as inflammations in this organ are kept alive by impurities of the blood determined to that point, we are brought back, in the contemplation of this affection, to the original theory of my practice,—that from the blood do all these affections find their chief support; and that, if the blood be purified, the patient may be relieved.

Cancer of the womb often appears after the natural cessation of the measles, and in cases where there is difficult and scanty menstruation. The period at which it more generally occurs is between the fortieth and fiftieth years—or on cessation of the menses; which shows, that the impurities of the blood not being any longer thrown off through the medium of menstruation, they remain in the system to break out in cancers and other kinds of sores. Two distinguished French writers have given the following as the results of their observations on the time of appearance of cancers, which agree with observations made in our own country. Of 409 cases of cancer of the womb,

	12 occurred under 20 years of age.
83	" " 20 to 30 years of age.
102	" " 30 to 40 "
201	" " 40 to 50 "
7	" " 50 to 60 "
4	" " 60 to 70 "

Married women are much more subject to this affection than single. The cases are found to be about three of single ladies to twenty of the married. Cancer may attack any part of the womb, but generally it appears upon the lower part or neck.

It is not unfrequently the case that a lady bears children while the cancer is waiting for the birth of the child to manifest itself. It would seem that the irritation and extension of the parts in child-birth precipitated the appearance of the cancer. I have noticed many instances of this kind.

*Inflammations of the Womb.*—These are of often occurrence, and may be either acute or chronic. The acute inflammation may be induced by a blow on the abdomen, a fall, mechanical irritation of any kind, irritating injections, use of violent medicines injudiciously given to force the menses, or to procure abortion, leucorrhœa,

cold bathing of the lower extremities when warm, iced drinks during the period of menstruation, violent exercise of any kind, heating and stimulating foods and drinks, wounds, or mental disturbances, such as to stop the flow of the menses, violent labors in childbirth, retention of the after-birth, and attempts at abortion by mechanical means, and by dresses pressing down upon the bowels, and thus irritating the membranes where parts are brought in contact. This disease is often called child-bed fever. Every female troubled with it should seek immediate relief.

Chronic inflammation often follows the acute. It is also induced by the fashions prevalent in large towns, heretofore alluded to—idleness, effeminacy, sedentary life, excess in fashionable amusements, studies that give too great activity to the imagination in a particular direction, reading of pernicious books, artificial puberty, concentration of the mind on subjects that keep the genital organs in a constant state of excitement, &c., &c.

Under the effect of inflammation of the womb, the patient becomes nervous, fretful, and capricious, even though before her temperament was equable and happy. This chronic inflammation is the cause of many cases of bowel derangement, that often prove obstinate; also it induces nervous affections, characterized by loss of appetite, sleeplessness, sudden starting, and great irregularity of feelings. I have known this nervous sensibility manifested in cases of inflammation of the womb, very often.

Where chronic inflammation exists, there will be pain in the lower part of the abdomen, increased by standing or exertion; the menses may be regular for a time, and then disappear entirely. After a while there will be an uncommon flow, continuing for some days, and leading to emaciation and exhaustion, and giving a dull look to the countenance. Sympathetic enlargement of the breast will often be noticed,—there will be loss of appetite and vomiting.

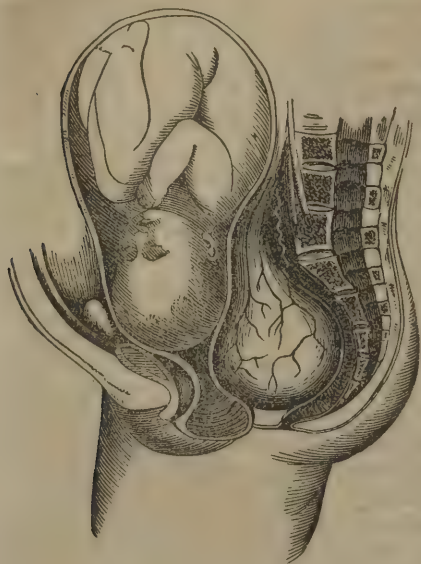
In all cases of inflammation of the womb, acute or chronic, and in enlargements, a cure is without difficulty effected by the skilful physician, if he be allowed to obtain full knowledge of the case, and the patient will follow his advice. Otherwise, as I have remarked under the head of Falling of the Womb, there will be but little use in giving medicines. It is absolutely necessary that the physician should understand his case thoroughly, and the patient should follow his advice. I have treated many cases of inflammation, and other diseases of the womb, and have often wondered at the uncharitableness manifested by friends and physicians, (who do not understand the complaints,) in attributing the changes of the mind to which they give rise to "hypo," or hysterics, or foolish notions. Certainly a woman suffering from any of these complaints, has sufficient to endure without being accused of being "hypoc" and notional.

**THE OVARIA.**—These bodies are situated one on each side of the womb, and are connected with it by two tubes, through which the ovum passes into the womb. In a healthy state they are placed very low down in the groin, and even into the pelvis. When either of the ovaria becomes diseased and enlarged, it rises above the groin, and causes a prominence of the abdomen on that side where it is situated. An inflammation of an ovary will often close up the tubes leading to the womb, so that the matter from the affection will remain therein, and produce an enlargement, bringing on fever, which will require the immediate attention of a physician.

*Tumors of the Ovaria.*—These are of frequent occurrence, generally arising from an inflammation, and are of slow growth. Both the married and the single are ha



ble to them. They are of a fleshy character, and usually solid. The uterus is occasionally affected with a like tumor at the same time. They have been known to attain the enormous size of *one hundred pounds* in weight, and to cause sudden death where good health had theretofore been enjoyed, by pressing upon the lungs and stopping respiration. Generally they give no pain, from which circumstance they may be readily distinguished from cancer, and from their hardness may be known from dropsy.



NO. 47.—OVARIAN TUMOR.

The subjoined cut represents a case of ovarian tumor; the tumor is seen *below* the head of the child, and has been driven into the vagina by the head of the child descending, in parturition. In a case of this kind, a living child could not be born, and the life of the woman is likewise endangered. Hence, we may see the necessity, when a tumor is suspected, of preventing conception by using the French Male Safe, or the Prevention Powder.

The removal of tumors from the ovary by surgical operations, has been attempted, and in a few instances with success. But the far greater number of cases that have died under the operation, and the fact that the patient under the effect of proper medical treatment, may attain the allotted period of

life in comfortable circumstances, even if the tumor be not displaced, would forbid a resort to surgical operations. And in most cases a perseverance in medical treatment to purify the blood, by which the *food* of the tumor is taken away from it, will check its growth entirely, and cause it to wither away. I have rarely failed in attempts to cure this affection, especially if applied to in season.

*Cancer of the Ovaria.*—A cancer on an ovary is usually of very slow growth; often it is many years in coming to maturity. It attains to a greater size than the uterine cancer, and frequently affects the uterus through the connection of the ovarian tube. It occurs with the single and married, but is much more frequent with the latter.

This disease rarely attacks but one of the ovaria, so that menstruation is not affected at the commencement. The tumor is hard and irregular in shape. Its causes, symptoms, and effects, are similar to those of cancer of the womb. Surgical operations for its removal are dangerous, as in cases of tumors; and as they may be exterminated, when taken in season, by internal remedies, operations should never be performed to remove them. In most cases of cancer of the womb, or ovaria, the Cancer Eradicator, Blood Renovator, Anti-Bilious Pills, and German Ointment, will effect a cure, if their use is persevered in, and they are taken in season. But a *cure*

cannot be looked for with certainty, unless a full course of medicine be used, prepared expressly.

*Dropsy of the Ovaria* is of very common occurrence. It may occur in either the married or the single state, but is most frequent in the former; it usually appears from the twentieth to the fortieth year. The disease consists in the formation of one or more little sacs within the ovary, filled with fluid, which gradually enlarge from the size of a pin-head, until they fill the whole abdomen, giving all the appearances of common dropsy. They have been known to grow to the size of containing ten gallons! In cases of large collections of water, both ovaria will generally be found affected. Dropsy is frequently accompanied with a cancerous state of the sac, but this is not always the case.

The symptoms of this disease are very obscure at its commencement, and it is often thought to be pregnancy, from producing enlargement of the breasts and abdomen, and from causing sickness and caprices similar to those generated by pregnancy. This illusion is dissipated by the enlargement continuing beyond the season for parturition.

In cases where but one of the ovaria is affected with dropsy, it is possible for the woman to bear child without serious difficulty; but conception in cases of this disease are not advisable. Indeed, in all the complaints I have treated of in connection with this, if cohabitation is continued, (of which there is no difficulty very often,) the French Male Prevention Safe, or Powder, should be invariably used.

When only one of the ovaria is affected with dropsy, menstruation may be continued; but if both are diseased, either by dropsy or cancer, it must cease. In some cases the sacs in this complaint have been known to burst, and the water being thrown into the abdomen and absorbed, the patient has recovered. Also it has been tapped and drawn off with fortunate results. Operations for the removal of the sac should never be performed. Tapping ought to be resorted to in extreme cases, where the size of the sac threatens to produce suffocation. The ovaria are often inhabited and affected by grub. [See Grub Consumption, and cut of Grub in the Ovaria, No. 45.]

I would observe here, that cancer may attack other portions of the pelvic viscera, —as the passage leading to the uterus, the rectum, and the outlet of the bladder. The treatment proper in these cases is the same as in cancer of the womb and ovaria.

### FISTULA.

"It is owing to our ignorance that there is any necessity for instruments to cure disease."—*Barnethy.*

**FISTULA** is a kind of ulcer resembling a pipe, and is generally the consequence of abscesses. The seat of a fistula is in the cellular membrane. It is known to be present when there is an aperture on the surface of the body from which any matter either flows, or may be pressed out. When left to itself, it runs upon the bone, and produces a caries of the bone. When so situated as to open into the neck of the bladder, or when attended with a caries in the adjacent bone, particularly the os sacrum or coccyx, (lower parts of the spine, or vertebral column,) it is a very dangerous complaint.

*Fistula in Ano.*—No part of the body is more subject to abscesses than that im-

mediately surrounding the lower part of the rectum; it is much exposed to pressure and to external injuries, which impede the free motion of the blood; the circulation being languid, obstructions soon occur, and purulent matter is formed. As the skin is thick about the rectum, the pus will insinuate itself into the soft neighboring parts, and form sinuses, which degenerate into fistulæ.

This kind of fistula is called complete when there is an opening into the gut, and another externally; incomplete when there is no external aperture. The symptoms of the incomplete kind are analogous to those of the piles, and not readily distinguished from them; the complete kinds are more readily distinguished. Fistula in ano may also be caused by costiveness, relaxation of the bowels, derangement of the liver, high living, and piles. It generally commences with swelling near the rectum, attended with great pain, fullness and inflammation; it advances slowly to suppuration, and matter is formed. In the commencement of the disease, the adjacent parts are generally sound, but when it is of long duration, they frequently become diseased. The most common form of the fistula in ano, after inflammation has taken place, is an opening or orifice extending from the verge of the anus, and running obliquely, and penetrating it or the rectum. Sometimes there are two or more of these openings, near to each other, or far apart. They appear in different directions about the anus.

The common way of treating a fistula is by a surgical operation; but this should never be resorted to. Although it is practiced by the so called Solons in surgery and medicine, no person should ever submit to the operation; because it is exceedingly painful; it is dangerous and often fatal; it seldom or ever effects a cure, even where several operations have been performed; *and it may be cured without the use of the knife*—effectually and radically. I have been applied to by many persons who had submitted to operations—in some cases as many as five times; but I have never met a case where a radical cure had been effected in this barbarous way; but the cases in which operations have caused death in a short time are innumerable. And often operations, if they do not result in inflammation and death, produce the most deplorable results in consequence of severing the arteries. The sphincter ani is often cut in these operations, and the patient is thereby rendered unable to retain the fæces, which pass off involuntarily! That surgical operations have sometimes afforded a temporary relief, is true; but they do not effect a radical cure. The practice is painful and unnecessary; and if the physician has more regard for his patient than love for old forms and the use of the knife to display his skill, he may learn how to treat the disease effectually by medical instead of surgical means—without confining the patient to the house or keeping him from his business. A few candid and careful physicians (who have abandoned the knife and taken to medical treatment) have been successful in the permanent cure of fistula in ano, and others might if they were not too egotistical and stubborn to learn. I have had the most perfect success in many cases of this disease.

By reason of its inveterate nature, fistula in ano is not a disease that can be cured in a day or with a single dose of medicine, particularly if it is of long standing. A permanent cure must occupy considerable time. In some cases it may be effected in a few weeks; in others, several months of persevering attention to advice and the application and use of medicines will be required. But if the patient *will* persevere, he may infallibly be cured of this most loathsome and distressing complaint.

Fistula is a complaint which should never be neglected, for its ravages are often



extensive, and become fatal. In some cases the inner portion of the rectum becomes completely denuded as far up as can be seen. In others it destroys the parts from the anus to the testicle, as well as for a great distance around; and in women it extends into the vagina and destroys the adjacent integuments.

When the disease becomes seated, there is apt to be an absorption of the matter which it generates into the system, causing disturbance and general constitutional debility. Frequently this virus matter is translated through the blood to the lungs, and induces consumption; and this is the most general way in which the disease results fatally.

*Fistula in Perinæo* consists in an opening in the skin, corresponding with one in the urethra. Through this the urine is sometimes passed. A fistula from the urethra runs in various directions before it reaches the external opening of the skin; so that when the latter is near the anus it may be mistaken for a fistula in that part, unless the urine be observed.

The fistula does not heal of itself, but continues to discharge for years, unless it be attended to. These abscesses are sometimes produced during child-birth, by the pressure of the child's head causing communications between the passage leading to the uterus and that of the bladder, or the rectum. The treatment of the fistula in perinæo is the same as that of fistula in ano; and the remarks on the latter with reference to the use of the knife, may be applied here with equal force.

*Fistula Lachrymalis* is a disorder of the canals leading from the eye to the nose, which obstructs the natural passage of the tears, so that they trickle down the cheeks. In its first stage an inflammation on the part is alone observed; in the next, matter is discharged, which flows with the tears; and in the last and worst degree, the matter of the abscess corrodes the subjacent bone. The symptoms are frequent dropping of tears, and of purulent matter, especially in the morning, without any manifest external inflammation.

In this disease also the knife is brought into often use, and unnecessarily. By it ten times more hurt has been done than good; and though partial relief may be afforded in an occasional case and no permanent injury done, it is much wiser, and far less painful, to obtain a cure by *medical* treatment.

In all cases of fistula the Blood Renovator and the German Ointment will be found efficacious; and in its earlier stages these alone often stop the progress of the disease and effect a cure; but in other cases nothing short of a thorough and regular treatment will overcome the complaint. In these instances, I prefer to have the patient where I can attend him daily.

## HEART DISEASES.

*Enlargement and Palpitation of the Heart.*—Enlargement of the heart may present itself in various forms, and may be general or partial. Sometimes it is confined to one side, at others not. Sometimes the muscular structure alone is increased in size; in other cases the cavities of the heart become enlarged, while the muscular structure remains unaltered; but in the majority of cases, the two are combined. Enlargement of the heart is met with at all periods of life. The almost constant cause of enlargement is believed to be a rheumatism of the heart. Generally this disease is manifested by palpitation, and by pain in the precordial region; there is

shortness of breath, particularly from exertion; pain, and a sensation of tightness of the chest, and pain over the region of the heart; difficulty of lying in a recumbent position; the feet begin to swell, the strength fails, the pulse sometimes stops, the countenance has a pale and haggard appearance, and there are very distressing paroxysms of pain, in which the patient is liable to be suddenly taken away. By placing the hand over the heart in this complaint, usually it will be found to be beating heavily.

Whatever weakens the heart may bring on these symptoms; the disease may also be induced by great excitement of the mind, venereal excesses, and intemperance in eating and drinking.

*Rheumatism in the Heart* is quite frequent. This disease (rheumatism) it is known may locate in almost any part of the system; it is a species of traveling disorder, shifting from one place to another. When driven from one organ, it will frequently appear immediately in another; and the heart is liable to its attacks. When translated to this organ the patient is seized with acute pain and great anxiety over that region, palpitations and partial faintings.

*Inflammation of the Heart.*—This is an inflammation of the membranous bag or sac which surrounds the heart, to secrete and contain the vapor of the pericardium, by which the heart is lubricated. The symptoms are similar to those in enlargement of the heart.

*Softening of the Heart* sometimes occurs, as a consequence of inflammation. In these cases the impulse becomes feeble, and the heart flutters and beats irregularly.

*Fatty degeneration of the Heart.*—In this complaint, the contents within the sheath of the muscular fibre are changed to fatty matter. Under this effect, the power of the heart is weakened, and the consequences of obstructed circulation ensue. The conditions under which this form of disease mostly appears are associated with a general tendency to corpulency. Popularly, corpulency is supposed to be an index of good health, but this is an error. It is by no means an evidence—often the reverse. Usually persons of corpulent habits are deficient in both mental and physical energy; and they are much less capable of endurance under fatiguing action than men of the "bony," muscular order.

*Tubercles and Cancers*, as I have before stated, are often found in the muscular substance of the heart, or in the false membranes of the pericardium. Also grubby, serous cysts, and apoplectic effusions. [See articles on Cancers and Grub.]

*Dropsy of the Heart*, or of the pericardium, though not a disease of often occurrence, sometimes occurs, generally accompanied with enlargement of the heart. The symptoms of this disease are the same as those of enlargement.

*Polypi in the Heart.*—These are found in many instances, on dissection. Undoubtedly they arise from an impure state of the blood. They are usually elongated, with one extremity twisted among the tendinous chords of the heart—sometimes adhering to the lining membrane by cellular tissue. The extremity that is loose, lies in one of the cavities of the heart, or extends into an orifice.

*Ulcers of the Heart* often appear, arising from the presence of tubercles, acting the same as in the lungs. Though there is a popular notion that consumption never appears except in the lungs, *post mortem* examinations have shown that tubercles are frequently formed in the heart, and in other organs, finally running into ulcers, and causing death by consumption. As has before been remarked in this

work, consumption may be manifested in other organs—as the liver, the bowels, etc.

In all cases of heart disease mentioned above, the patient should abstain from every exciting cause—as anger, or any kind of violent emotion, or of hard exercise. Never overload the stomach, or take exercise immediately after eating. Avoid late suppers, and crowded houses. Besides these, he should endeavor to counteract obesity. There have of late years appeared from the press empirical works upon consumption, setting forth the absurdity that enlargement of the heart is a favorable symptom in pulmonary diseases, and in fact that it aids in the cure of consumption. Than this, nothing can be more irrational or absurd—less reasonable or true. The reverse of this theory is correct, as will appear obvious to any one who will consider the absolute necessity of a healthy state of the heart in order to a proper circulation of the blood—upon which, in great measure, the health of the lungs must depend. Besides this, an enlarged heart will press upon the lung, keeping out the air from portions of it, and impeding the circulation therein; and if this is done, it will be obvious that the lung itself will be much more liable to become diseased than if correct action be allowed in every part of it. An imperfect circulation will produce a stagnation of blood in the lungs, under the effect of which those organs must become diseased. The theory that a diseased heart will cure pulmonary complaints is too irrational for any sensible man to entertain for a moment.

In addition to the diseases of the heart above mentioned, this organ sometimes becomes hardened or ossified, in the same manner as ossification of the bones takes place in growth.

In diseases of the heart, use should be made of the Heart Regulator, Blood Renovator, Anti-Bilious Pills, Water Regulator and German Ointment. These usually restore that organ to a state of health; but there may be cases of long standing in which specific treatment will be found necessary. In all such, medicines will be expressly prepared on application to me in person, or by letter stating the disease.

#### FITS—CAN BE CURED.

THE term fit or convulsion is applied to all kinds of spasmodic affections, such as epilepsy, hysteria, &c. Generally fits assume no specific character. They occur in children or adults, proceeding from some acrid matter in the intestines or stomach, such as various kinds of poisons; from teething, worms, flatulence; from sudden emotions of the mind, as anger or fear; from recessions of some kinds of rash, or the retreating of some kinds of eruptive disease, as small-pox or scarletina, diabetes, and kidney affections, and from consumption in the bowels.

Previous to a fit, there is often great debility, and an unnatural appearance of the eyes and countenance. At other times the convulsion comes on suddenly; the patient is seized with a spasmodic affection of the whole body; he trembles violently and suddenly falls down, and remains insensible for a time, with involuntary twitchings, clenched teeth, a discharge of saliva from the mouth, and contracted pupils of the eyes.

Sometimes fits recur in a patient year after year. In these cases, the cause should be definitely ascertained, before there will be much use to give medicines to effect a radical cure. There is often a fatal mistake made in cases of fits; the pa



tient is medicated for a long season to relieve him from their recurrence, when perhaps he is continually in the indulgence of some habit, or his system is under the effect of a cause not in the least suspected, which induces the fits. In this case, it is not to be thought that he can ever get over them. Often fits in children are induced by the presence of worms; but worms not being suspected, the patient is treated altogether different from what he should be, and the least unfavorable result is that both the worms and the fits continue; in some cases the life is lost by not understanding the cause of the convulsions, and so administering medicines which should not have been given.

I may remark here, that every physician should, in a great number of cases, understand the *cause* or *causes* as well as what is the disease itself. In a variety of complaints this is *absolutely necessary* in order to meet with success; for there be those cases in which there is no kind of use to treat the *effect* and leave the *cause* alone. Thus if there be worms, and these produce convulsions, it is necessary to treat the worms or *cause* in order that the convulsions or *effects* may be overcome. In some cases, as perhaps in worms, the *cause* only need be medicated for; in others, as where wetting the feet has induced a cold, the *effect* only is to be treated, the *cause* being removed; and in others, as where humors in the blood have produced cancers or other eruptive sores, both cause and effect must receive the attention of the physician.

In cases of fits which recur one after another, perhaps for a long season, a cure can almost always be effected, if the cause be properly understood, and the patient will persevere in the use of medicine. In many instances, a very brief period only will elapse before the worst kind of convulsions will entirely disappear, simply by removing the cause. In these cases, the system will often be found to be materially disordered and weakened by the great number of convulsions that it has undergone; but if the convulsions are overcome, we can generally build up the system by proper blood medicines, and correct diet and exercise. In those cases where a single fit occurring in adult life has nearly overcome the vital powers of the system, just leaving the patient alive, a cure is not so readily to be looked for; but even these are susceptible of successful treatment. It would, however, have been much better for the person if he had paid proper attention to his health previously, and eschewed those practices leading directly to an almost total paralysis, (if not a sudden death,) in a fit.

In many cases of fits, the cause of which could not be ascertained by other physicians, I have found, by examination with the Lung Barometer, that they arose from a peculiar disease of the heart. The patient being relieved from his heart disease, the fits did not recur, and he was restored to health. I have met with but very few cases of *recurring* fits in my practice where the heart was not more or less diseased.

In cases of fits generally, where specific treatment cannot be had, use should be made of the Heart Regulator, Blood Renovator, Anti-Bilious Pills, Water Regulator and German Ointment. These almost invariably effect a cure. But in many cases, a course of medicine is necessary. This can be had by applying in person, or by letter, carefully describing the condition, age, appearance, and symptoms shown in the patient.

## DYSPEPSIA.

"What's rank or title, station, state or wealth,  
 To that far greater worldly blessing—health?  
 What's house, or land, or dress, or wine, or meat,  
 If one can't rest for pain, nor sleep, nor eat,  
 Nor go about in comfort? Here's the question:  
 What's all the world without a good digestion?"

DYSPEPSIA is a derangement of the digestive functions, the *immediate* cause of which appears to be a diminished quantity, or unhealthy quality of the gastric secretion of the stomach. It is brought on by intemperance in eating and drinking, want of proper exercise, intense anxiety of mind, depressing passions, superfluous evacuations, intense mental application immediately after eating, excessive venery, use of mercury, obstructions in the liver and spleen, and improperly masticated food. These, and various other causes so weaken the coats of the stomach that the latter becomes incapable of performing its office.

From the close sympathy existing between the stomach and every other part of the system, people suffering from dyspepsia or indigestion, are often troubled with distressing affections in parts remote from the stomach. The symptoms manifested are these—nervous debility, sick head-ache, costiveness, scanty and painful evacuations, piles, jaundice, depression of the mind, oppression after eating, female obstructions, flatulency, distension of the stomach and bowels, heartburn, furred tongue, sickness at the stomach, dizziness, loss of appetite, pain in the side, and torpor of the liver and bowels.

Persons troubled with dyspepsia should leave every exciting cause which may have given rise to the disease; strict attention should be paid to the diet, late hours and indolence should be dispensed with; exercise taken regularly in the open air; intense study not pursued; excessive cohabitation guarded against, and proper medicines perseveringly taken. It is too often the case with dyspeptics that they consult a dozen physicians in as many days; and if they do this and are dosed by all, they may not expect to recover.

Of the necessity of regular exercise to the due performance of the functions of the stomach, every one is fully sensible; walking, sawing wood, shoveling, &c., are good. They can never be compensated for by the *passive exercises* of the indolent and luxurious, who are often the victims of dyspepsia. The sofa and parlor exercises of ladies in the fashionable world will not keep off this complaint; nor will an occasional stately walk up and down the thronged streets of a crowded city, to make a display of the outward trappings and of the elegant artificial bust. The fashionable ladies of our cities, who lounge luxuriously in the parlor from morning till night, and feel incapable of the smallest exertion, and who are, therefore, troubled with indigestion, would find an excellent medicine in the loose dresses and the old spinning-wheel of their grandmothers; or, in lack of that, by giving attention to their household matters. They should not be afraid of *work*. By this I do not mean that they should become *slaves to toil*. There is a long difference between fifteen hours of hard labor in the kitchen by "Bridget" and the fifteen hours of sheer idleness of the mistress in the parlor. The lady would find that a few steps

on her part, which would give the servant a trifle less of toil, would be of great service to the health of both. To those dyspeptic ladies who may read this, (and the number will be large, for such cases are in abundance,) I would submit this hint as worthy of their attention, and good to be followed.

Next to fashionable ladies, there come in the class of dyspeptics, students. Many young men in our colleges, if they do not plunge into all species of pernicious practice that they can find, settle down to confirmed idleness in all matters but *study*. This is essentially wrong. I know not which we may class as the worst—the practices of the “rattle-head,” or the folly of him who pays attention to nothing but his books. The *over-studious* young man, unless he has a constitution like iron, soon injures himself by close application and neglect of proper bodily exercise. In this way, hundreds of the most talented young men of the country bring themselves to the tomb. If they would attain to the summit of their ambitions, they will find that the body as well as the brain will require attention. Volumes of law, of theology, and of medicine, will not keep the functions of the body in proper order; and though the student swallow ever so many, he will find them neither food, drink, or exercise.

Dyspepsia is a prevalent disease in this country. This fact is owing mostly to the habits of the people, and has been in great measure attributed to the injurious practice so common of “bolting” the food. Says Combe, “Nowhere does man hurry off to business so immediately as in the United States, and nowhere does he bolt his food so much, as if running a race against time. The consequence is, that nowhere do intemperate eating and dyspepsia prevail to such an enormous extent. Rapid eating almost invariably leads to overloading the stomach; and when to this is added a total disregard of the quietude necessary for digestion, what can be expected to follow but inveterate dyspepsia?” In this case the stomach has to perform the office of the teeth, and it becomes deranged in consequence.

No man or woman may expect to be free from dyspepsia who does not labor some in one way or another. The human system is not calculated to sit down in luxurious indolence and idleness. Under such a state the stomach will not perform its functions properly, neither will the muscles have their healthful elasticity and power. In short, the whole system will become debilitated and enervated, and the mind will lose its strength. In cases of dyspepsia or consumption, invalids will be much more likely to recover health who give attention to some species of manual labor or of exercise; for these are the medicines of Nature, carrying off the waste of the system and giving to it new vigor and power. The idea that persons troubled with dyspepsia or consumption must lie down and take medicine, is absurd, for in this condition neither nature or the medicine can operate to the favorable extent that they would if proper exercise were taken.

#### CHOLERA, CHOLERA MORBUS, CHOLERA INFANTUM, DYSENTERY AND DIARRHŒA.

*The Asiatic Cholera*, which has swept over the Eastern continent two or three times with great devastation, and also prevailed in various parts of this country, seemingly traveling from one city to another, as if its causes were borne upon the wings of the wind, is a disease the origin of which is still unknown, although much



investigation has been expended upon it. It generally appears like an aggravated or malignant type of the common cholera morbus, with looseness of the bowels. Sometimes the patient is carried off by it in a very few hours; in other cases its effects are comparatively light. Its symptoms are very similar to those of the cholera morbus. It prevails mostly in cities, and almost exclusively in the latter months of the summer season, carrying off thousands in a few weeks, and then nearly disappearing, perhaps for years. Occasionally it will appear in some of the smaller cities, often nearly depopulating the place.

The cholera, like many other diseases, is governed in great degree by the cleanliness or the filth of a locality. Its power is derived chiefly from the circumstances which attend it. Usually it will pass house after house where cleanliness and the other laws of health are attended to, and alight with virulence in the abodes of filth and impurity, among subjects fitted for its approach by intemperate and irregular habits.

In the year 1849 the cholera prevailed extensively in this country. The deaths in New York that season by the disease were 5071. Many towns in Western United States were nearly left destitute of inhabitants under its sway.

Upon the first indication of cholera, or any unusual evacuation of the bowels, use should be made of the Anti-Bilious Pills, to cleanse the stomach and intestines, after which take the Dysentery Specific to check the discharges. For this purpose these articles should be kept always on hand. If the case runs into a cholera, a physician should be called.

*Cholera Morbus* is a disease of the stomach and alimentary canal, characterized by vomiting and purging, severe griping pain, cramps in the stomach, abdomen, and extremities. It is very prevalent in hot weather.

The immediate existing cause of the cholera morbus is believed to be the action and stimulus of an acid secreted in the liver, or formed in the stomach and alimentary canal, and which produces an irritation of the mucous membrane of those parts. There are many predisposing causes—indigestible and irritating articles of food and drink, unripe fruit, all articles that contain much acid, and liquids that quickly ferment. But these are not likely to produce the disease unless the system is predisposed to it by a debilitated state of the digestive organs, or by general relaxation and exhaustion from the influence of great heat.

Cholera Morbus is a common and dangerous disease, often fatal in twenty-four hours or less. It generally comes on suddenly, commencing with nausea and pain in the stomach, griping and distress in the abdomen, followed by vomiting and purging. The evacuations are thin and watery, then bilious. As the disease advances, vomiting, purging, and pain, are severe and incessant; there is a spasmodic affection of the abdominal muscles and extremities, and the patient is drawn up on every attack; the thirst is great; the pulse becomes small and feeble; the extremities cold; the countenance pallid; a cold sweat comes on, and great prostration follows.

In cases of cholera morbus, use should be made of the Dysentery Specific. If this does not check the disease, take a dose of the Anti-Bilious Pills, and then employ again the Specific. This will be certain to overcome the complaint.

*Cholera Infantum* is a cholera of infants, resembling that disease in adults, and differing in some respects. It is very prevalent among children during the summer season; is highly fatal, and prevails mostly in cities, where it produces frightful mortality. The annual average of deaths from this complaint in New York city is

nearly *one thousand!* In the country, where the air is salubrious and pure, the disease is much less prevalent.

The cholera infantum is induced by a great degree of heat, by the impure air of cities, by teething, by eating unripe fruit, diseased meats, and by the use of that abominable article *called* milk, peddled in large places; and may be induced by a check of perspiration, causing the blood to retreat from the surface to the internal parts, and deranging the liver and mucous membrane of the intestines.

The complaint generally comes on gradually, with more or less diarrhœa, accompanied with fever, soon followed by nausea and vomiting. The evacuation is nearly a colorless watery fluid. If the disease is not checked, the child begins to waste; the extremities grow cold, the skin shriveled and dry, with great heat in the head and bowels; the face full, eyes dull and sunk, pulse weak and irregular. If no remedy is administered, the child sinks into insensibility, with great prostration, and soon dies. The continuance of the complaint is various, depending upon air, nursing, diet, medical treatment, etc. It is often fatal in a few hours, or it may last for months. When the disease continues long, the membrane of the stomach and bowels becomes ulcerated.

The complaint sometimes assumes a chronic form, in which case the child is reduced to a living skeleton; the tongue and cheeks break out with canker; the face and other parts bloat.

In cholera infantum, if the stomach is overloaded, give a little salt and water, to induce vomiting, and to cleanse the stomach; if the child is taken with cramps and cold chills, wrap it up in a woolen sheet, wet with water as warm as can be borne, to induce a sweat, until the cramps cease. At the same time bathe the German Ointment on the stomach and bowels. Take off the wet sheet before it is cold, and then wrap the child in a dry woolen sheet. If the child is taken with fits or spasms, give a small dose of the Heart Regulator, in a little water, and repeat it, if necessary—which will revive life and action. When the child is restored to quiet, if there are evacuations of the bowels, give a dose of Anti-Bilious Pills, or of castor oil, to move the bowels, and follow with the Dysentery Specific, until discharges are regular and natural. While the child is vomiting, it should be held with the face downwards. Never lay it on its back, lest the vomiting produce strangulation, and cause death. This treatment is for *immediate use*; it has saved the life of the author's little child in two instances. But, in all cases of this disease, where the symptoms are at all alarming, it is advisable to call in the services of a physician.

*Dysentery.*—This complaint is an affection or inflammation of the alimentary canal. It is attended with nausea, brain fever, and fetid or bloody evacuations, and is often contagious.

The dysentery is a most virulent and fatal complaint, and, often, is as intractable as the Asiatic cholera. It prevails in both city and country, sometimes in the form of isolated cases, at others attacking great numbers in a place, while adjacent towns will be free from it. In some instances, the inhabitants of the most healthy country towns are attacked by it in great numbers, and many of them die off. If it is not speedily overcome, it often assumes the form known as *Bloody Dysentery*, and becomes highly dangerous. It prevails throughout the year, but with greatest virulence in the months of July, August and September. The deaths from this disease in New York city annually fall but a very little below *one thousand!*

Dysentery may be caused by whatever has a tendency to obstruct perspiration.

Morbid humors retained in the circulation, mixed with the blood, and thrown upon the intestines, causing irritation and inflammation, often result in dysentery. Unwholesome diet, wet clothes, night air, damp beds, sudden changes of weather, etc., are predisposing causes. In jails, hospitals, ships and camps, it is often caused by contagion, becoming epidemic.

Dysentery is generally preceded by a bad appetite, flatulence, costiveness, sickness at the stomach, vomiting, and chills, succeeded by heat in the skin. When evacuations commence, the inflammation begins to occupy the lower part of the intestinal tube. Evacuations are preceded by severe griping, and a rumbling noise. Sometimes pure blood is voided. The acute dysentery sometimes runs into the chronic form, arising from ineffectual struggles in the system to excite a healthy action; or from errors in diet, check of perspiration, &c.

In all cases of dysentery, give the Dysentery Specific, until the stools become natural, and the inflammation is subdued. If there is no blood evacuated, a dose of the Anti-Bilious Pills, to cleanse the stomach, may be taken; then use the Specific.

*Diarrhœa*.—This is characterized by frequent evacuations of the bowels, with a pressing down, or desire to discharge their contents. This disease is also very prevalent, and universal, existing chiefly in the summer months, and more general in the city than country. It is also often fatal. About five hundred die annually in New York of diarrhœa.

Anything which increases the action of the intestines may induce this disease, such as improper food, or irritating substances; and it is sometimes occasioned by bile of an acrid or vitiated quality; by a suppression of perspiration, by worms, and by crude and unripe fruits. In some persons there are a great variety of agents that will bring on a diarrhœa.

In this complaint, the discharges are generally preceded by a murmuring noise in the intestines, flatulence, and uneasiness in the lower part of the bowels. The appearance of the evacuations is various; generally thin and watery, especially after the first discharge. As the disease advances, sickness, nausea, and vomiting sometimes prevail; the countenance turns pale; the skin is dry and rigid; there is more or less emaciation, and great weakness. Dropsy of the lower extremities is sometimes induced.

Simple diarrhœa often becomes chronic in its character, and will continue for a long time very obstinate, with continual preternatural discharges from the bowels.

For diarrhœa, use the Dysentery Specific, with an occasional dose of the Anti-Bilious Pills, until the disease is checked. The Pills are used to purge the system of the impurities that induced the disease; and until these are removed, it is not always advisable to check the evacuations. If we do so, the disease will soon return. But if the system be first *cleared out*, and then evacuations checked, we have effected a *cure*.

Cholera, Cholera Morbus, Dysentery and Diarrhœa, may be prevented by taking a dose of the Anti-Bilious Pills once a fortnight, and Dysentery Specific two or three times a week, especially in the season when these complaints prevail, and particularly if the person be inclined to looseness of the bowels. This course will keep the system purged of all those impurities which render it liable to attacks of this character, and will save much expense and misery, and preserve many lives. The



great waste of life by bowel complaints is altogether needless (since it might be prevented), and is an unnecessary tax upon human existence.

### OFFICES OF THE SKIN.

THE skin is the organ of feeling; it is that part of the body through which, as an organ of sense, we hold a large share of our communications with surrounding objects. Through it we are warned of contact with other bodies. It may be regarded as the peculiar seat of feeling; and it is by knowledge communicated to the brain through this and other mediums, that we are warned of danger and often shielded from harm.

In order that the faculty of feeling shall remain unimpaired, cleanliness should be enforced, and garments of an irritating character not be used. The neglect of either of these rules will have a more or less powerful tendency to thicken the skin, and render insensible, in some degree, the delicacy of feeling. Those persons pursuing a rough occupation, or who are exposed to the violence of the weather, lose the acute sensibility of feeling possessed under other circumstances.

Feeling is useful in conveying a knowledge of temperature. It indicates the degree proper for health; and for this purpose is much better than any mechanical instrument.

The feeling with reference to temperature should always be regarded as a rule for health in the relation to the clothing; particularly should this be regarded by all persons of delicate constitution.

Besides this office of feeling, the skin has another important one—that of carrying off by perspiration, through its pores, a large portion of the natural waste of the human system. The pores of the skin are numberless; and through these, when the body is in health, there is constantly escaping a waste of the body in perspiration, and in other forms unseen. When the pores of the skin become closed, the body is sure to be infested with disease; for the wastes of the system being debarred escape, they remain to render the blood impure, from which spring numerous complaints. The necessity, therefore, of keeping the skin in a healthy condition, by cleanliness (as I have remarked previously), and by other means, is at once made obvious. It is on this account, as one reason, that all compressions of the clothes should be avoided; that the body should occasionally be thoroughly aired, and that no means whatever should be taken to prevent a free passage through it of waste and perspiration. Indeed, we may consider this as one of the essential laws of health, for whosoever allows the pores of his skin to be closed up will soon repent it in sickness and suffering.

Throughout its whole extent, the skin consists of three layers, one over the other. The outermost, or cuticle, is an exceedingly thin substance, which may be observed to peel off when the hand is accidentally frayed, or when it is raised by a blister; the next is a layer which contains the coloring matter, giving, as the case may be, a shade from the slightest tan to the sooty black of the negro; and the third or lowest is the true skin, a thick layer, which, when taken off animals, is tanned into leather. As a whole, the skin is much more thin and delicate at one part than another, that upon the soles of the feet and palms of the hands being, by constant use, the thickest and most durable. An unthinking person would suppose that the sur-

face of the body, from its general smoothness, was so close in texture that neither air nor liquid could pass readily through it. Such would be a mistake. The whole membrane may be likened to a sieve. Throughout its entire extent, externally and internally, there are a multitude of small holes or outlets, so closely set together, that we could not anywhere puncture the skin with the point of a needle without touching one of them. These holes, called *pores*, communicate with the ducts beneath, and these ducts terminate in glands or receptacles in the muscle.

Through this medium portions of the fluids no longer required in the system are conveyed to the surface of the body, when they escape into the atmosphere usually in the form of vapor, but sometimes as perspiration. In the extreme heat of summer, or when engaged in hard work, this liquid exhalation is very apparent. Not being observable in ordinary circumstances, it is styled the *insensible perspiration*. In this office of an exhaler, the skin acts as an auxiliary to the lungs, which throw off more copiously the waste liquid of the system in the form of vapor and deteriorated air.

The largest quantity of insensible perspiration from the lungs and skin together amounts to thirty-two grains per minute, three ounces and a quarter per hour, or five pounds per day. Of this the cutaneous constitutes three-fourths, or sixty ounces in twenty-four hours. The smallest quantity amounts to eleven grains per minute, or one pound eleven and a half ounces in twenty-four hours, of which the skin furnishes about twenty ounces. The medium or average amount is eighteen grains a minute, of which eleven are from the skin, making the cutaneous perspiration in twenty-four hours about thirty-three ounces. As seventeen ounces of water at an ordinary temperature are equal to about a pint, it appears that a man in good health and in general circumstances exhales through the skin nearly two pints of liquid daily. That such a large quantity should escape unnoticed, seems indeed strange; but when the extent of surface which the skin presents, calculated at 2500 square inches, is considered, these results do not seem extravagant. But even admitting that there may be some unperceived fallacy in experiments, and that the quantity is not so great as is here stated, still, after making every allowance, enough remains to demonstrate that exhalation is a very important function of the skin. And although the precise amount may be disputed, it is quite certain that the cutaneous exhalation is more abundant than the united exertions of both bowels and kidneys; and that, according as the weather becomes warmer or colder, the skin and kidneys alternate in the proportions of work which they severally perform, most passing off by the skin in warm weather, and by the kidneys in cold. The quantity exhaled increases after meals, during sleep, in dry warm weather, and by friction, or whatever stimulates the skin; and diminishes when digestion is impaired, and in a moist atmosphere.

Besides their exhaling functions, the pores and other minute organs in the skin absorb air and moisture from the atmosphere, though less actively than the lungs, and are therefore inlets as well as outlets to the system. When the pores are in a state of great openness, or relaxation from heat, the power of absorption is materially increased. Hence, contagious diseases are more readily caught by touch when the body is warm and moist, than when dry and cold. A pure and bracing atmosphere is well known to be more conducive to health than one which is heavy and relaxing.

When in a perfectly healthy condition, the skin is soft, warm, and covered with a

gentle moisture; the circulation of the blood is also in a state of due activity giving it a fresh and ruddy color. The degree of redness, as, for instance, in the cheeks, is usually in proportion to the exposure to the outer atmosphere; such exposure, when not too severe, causing active circulation of the blood not only throughout the body, but to the most minute vessels on the surface. Hence the pale and unhealthy hue of persons confined to the house and close sedentary employment, and the ruddy color of those who spend much of their lives in the open air. When the exposure is too severe, or more than can be conveniently counterbalanced by the animal heat, a chill, as already stated, is the consequence, and the skin assumes a pale appearance, the forerunner, it may be, of bodily indisposition; the insensible perspiration has been suppressed, and the lungs have got into a state of serious irritation, which the Lung Corrector readily relieves. The German Ointment, warmth, and other remedies, restore the healthy functions of the pores; but when the cold is neglected, inflammation of the bronchiæ, or air-tubes communicating with the lungs, or some other pulmonary affections, ensue, the lamentable issue of which may be death, except the proper remedies are used in season to remove the disease.

Says Dr. Beach—"Evacuations from the skin invariably lessen the force of the heart and arteries, by taking from the circulation every agent which is useless or injurious; and, by relaxing the constriction of the surface, they remove congestions by a determination of blood to the extreme vessels; and, in a word, lay the axe, as it were, at the root of the disease.

"No sooner does perspiration break out in a fever patient, than there is a mitigation of all the symptoms; the dry, pale, and husky state of the skin is removed; the balance in the circulation is restored, and very often a violent attack of fever is cut short as soon as free sweating takes place. The object then should be immediately to restore perspiration, and continue it throughout the course of the fever; not violent sweating, but moderate perspiration, or a gentle moisture of the skin. It is by this moisture, or the dry and parched state of the skin, that we form a favorable or unfavorable opinion of the fever. If natural perspiration cannot be produced, we predict danger. On the contrary, if it can be promoted and kept up, we predict a favorable issue."

In all cases where the pores of the skin have become closed, whether to a small or a great extent, so that the function of perspiration cannot be carried on, external use should be made of the German Ointment, in all parts where perspiration is impeded. This will open the pores, and allow the waste to escape. Also, use the Water Regulator, which will carry off all deposits made in the kidneys; also the Anti-Bilious Pills, which relieve the stomach and bowels; and if there be any affection of the lungs or throat, or catarrhal difficulties, use the Lung Corrector and Catarrh Snuff. In some cases it may not be necessary to use more than one of these; but where there is a general suppression of the natural waste, they will all be required, and, acting together, will restore the system to its equilibrium and to health.

## DROPSY.

DROPSY is understood to be a collection of water from the blood in some part of the system. It arises from the watery part of the blood not being carried off through the usual places of its evacuation, as in urinating, perspiration, &c., and left to ooze



through the veins, and collect in some part of the system. This collection may be formed in the head, in the chest, in the abdomen, in the ovarium, in the womb, or may be diffused through the cellular membranes of the system.

*Dropsy of the head* is almost peculiar to children, being rarely known to extend beyond the age of twelve or fourteen. Sometimes it will be found to affect nearly all of a family of children at a particular period of life. In some cases the amount of water collected in the head is enormous, and the head becomes swelled to a prodigious size. Tapping has been attempted in this disease, but it generally proves fatal. When water has collected, the only proper method of treatment is to evacuate it through the medium of the perspiratory and urinating organs, by stimulating them to a healthy action.

*Dropsy of the abdomen* is a collection of water in the cavity of the abdomen, either in the cavity itself, or in sacs connected with some of the viscera. For this complaint tapping is generally resorted to; but, though it afford temporary relief, the water is certain to collect again, and thus the patient may submit to a dozen operations, and no cure be effected. Instead of this, the proper remedies should be given to assist the watery portions of the blood to pass off in the natural way. This done, the dropsy would not return.

In cases of females, it is often not easy to distinguish between a dropsy of the abdomen and a state of pregnancy, or a case of polypus in the womb; and there have been cases (how common I will not say,) where unmarried females *enciente* have persisted till a very late day, in declaring they were subject to dropsy, when in truth such was not the case. When deception is intended, and the patient will not submit to an examination, the physician is liable to imposition. This imposition should never be attempted, for it may lead to most disastrous and fatal results. Often has the trocar been plunged into the pregnant uterus, with fatal result to the patient. In all cases of pregnancy, whether the lady be married or unmarried, she should have no hesitation in informing her physician of her true situation, if he is a man in whom confidence can be placed; and if he is *not*, it is better not to seek his advice.

In dropsy of the abdomen, the water should first be evacuated, after which its re-accumulation should be prevented by restoring the system to a healthy state.

*Dropsy of the Chest* is a collection of water in the membrane that surrounds the heart, or in the cavities of the thorax. Sometimes it is diffused into the cellular tissue of the lungs; occasionally the water is contained in membranous cysts or sacs. In some instances it exists without any other kind of dropsical affection, but more generally prevails as a part of universal dropsy. Bleeding and mercury often occasion this complaint, by the debility and effusion they produce; also it may arise from inflammation of the lungs, liver, or neighboring organs, or from the use of *malis* liquors and ardent spirits.

[Of Dropsy of the Ovaria, see under head of Womb and Ovarian Diseases.]

*Dropsy of the Womb* sometimes occurs. It is distinguished from dropsy of the abdomen by being confined to the region of the uterus; a tumor will appear over the region of the womb, resembling in shape the figure of that organ. This disease usually soon runs into a general dropsy. Its treatment must be the same as for dropsy of the abdomen.



No. 48.—DROPSICAL ALL OVER.

*Cellular Dropsy, or Dropsy all over, is a collection of water in the cellular membrane, which is extensively diffused throughout the body. It usually commences in the lower extremities; by degrees ascends, and finally occupies the whole trunk of the body. When the effusion has become very general, the cellular membrane of the lungs partakes of the affection. Sometimes the legs and ankles will become so distended that the water will ooze through the pores of the skin, or elevate it in the form of small blisters.*

It is probable that the *first cause* of every species of dropsy exists in the kidneys, in consequence of their ceasing to perform their office or failing to secrete the urine. When this occurs, it is re-absorbed and taken into the circulation, when the exhalents pour it out faster than the absorbents can take it up; the consequence of which is a watery collection, called

dropsy. It is known that a diminution of urine is the characteristic of dropsy, and that those medicines which stimulate the kidneys to healthy action and cause them to secrete or separate the urine from the blood, relieve or cure the disease. This is the explanation of its cause.

Instead, therefore, of resorting to the inefficient means in general vogue, we should seek that which will effect a *radical cure*, by restoring to health the kidneys, and by opening free evacuations of the watery parts of the blood through all the natural modes of escape. To this end, we may make use of the Water Regulator, the German Ointment, the Anti-Bilious Pills, and the Blood Renovator. Persons wishing to treat themselves for dropsy, will find these the best remedies they can obtain. They seldom fail to effect a radical cure, unless the case be very obstinate; in which event, a more particular course of medicine can be had, on application by letter or in person.

### JAUNDICE AND LIVER COMPLAINTS.

JAUNDICE is a disease consisting in a suffusion of bile to the surface of the body, whereby the whole skin is discolored—generally yellow; but there is a species of the disease called the black jaundice. The immediate cause is an obstruction of the bile in its passage into the duodenum.

Jaundice first shows itself by a listlessness and want of appetite; the patient becomes dull, oppressed, and generally costive. Soon the skin grows yellow, and the urine becomes high colored, with a yellowish sediment. As the disease advances, the color becomes deeper, and the internal membranes, the bones, and the brain itself become tinged. All the secretions are affected with the yellow color of the bile; the spittle becomes yellow and bitter; and even the blood is sometimes tinged. Finally, the blood acquires a tendency to dissolution and putrefaction.

**Breeding** from various parts of the body ensues; and the patient frequently dies of an apoplexy; though in some cases jaundice degenerates into dropsy.

The liver is the seat of various disorders—inflammations, consumption, abscesses, scirrhus, &c., and is often troubled with the grub, and subject to enlargement.

In cases of jaundice, or of the various complaints of the liver, use the Anti-Bilious Pills, Blood Renovator and Water Regulator, which are remarkably efficacious in these diseases—removing the obstructions, regulating the bile and the water, cleansing the blood, and removing the yellowness from the skin.

### INHALATION FOR PULMONARY CONSUMPTION AND THROAT DISEASES.

THE treatment of pulmonary affections, and diseases of the throat and lungs generally, by the inhalation of some single article or some compound, has been frequent, if not general, for many years. The fact that the lungs and the throat are peculiarly open to this method of treatment, by reason of the air being immediately conveyed to them, without interruption, undoubtedly first suggested the method. But, unfortunately for the patient, the manner in which the inhalation has been generally practiced, has made this method productive of more injury than good.

It is well known that persons exposed to chemical *fumes* or to dust of any kind, like that in cutlery establishments, (of which I have elsewhere treated,) experience a greater or lesser degree of irritation in the throat and lungs, inducing cough, and after long exposure, often running into consumption. The delicate membrane of the throat and lungs will not bear the irritation of dust, or of chemical fumes, or of smoke, without disturbance, and the production of disease. The effluvia from vegetable substances sometimes causes an attack of the asthma, and the aroma of flowers has been known to produce like effect.

From these facts, it becomes obvious that, in case of lung or throat disease, remedies may be applied *directly* through the medium of the air, by inhalation. The remotest parts of the lungs, and the most deep-seated ulcers, may be immediately reached in this way.

Proceeding upon this knowledge, many physicians made use of inhalation in the treatment of consumption, by means of *fumigation*. But, as I have before stated, it produced more evil than good, by causing an irritation, which was more powerful for ill than were the properties of the article inhaled for healing. The small particles of which smoke is composed, finding their way into the air cells of the lungs, cause great irritation there, and thus, by smoking tobacco or stramonium, for asthma, although temporary relief may be afforded, the final effect is injurious. So also, with fumigation with tar; and, in short, all other articles used in this way.

How, then, is inhalation to be conducted without producing injury and counterbalancing the good effects? I answer, in the form of *vapor*. In this, all cause of irritation is removed, and all the benefits of inhalation may be derived, without the evils resulting from *fumigation*. Water being freely formed in the lungs, and those organs being always bedewed with vapor, it will be obvious, after consideration, that inhalation of remedies *through the vapor of water* is the most natural, proper and efficacious. Whatever remedies may be applied to the throat and lungs by breathing, should be administered in the form of vapor from water, the articles being dissolved



or boiled therein, so as to obtain their strength; and then, if the remedies themselves be appropriate, no unpleasant or injurious effects will follow.

In cases of common catarrh, in its first stages, the vapor of pure water, in connection with the use of my Catarrh Snuff, will be found highly efficacious. In the forming stage of a mild influenza, the vapor of water may be used with great advantage. Also, in acute bronchitis, where the inflammation has been mostly subdued by other remedies, inhalation of the vapor of pure water is of service. It is particularly useful when the throat is dry and expectoration scanty. The vapor may be inhaled through a tube, for which glass or porcelain is to be desired. But in all these affections, as well as in all others where the inhalation of vapor is made use of, it should not be relied upon to the exclusion of other remedies, such as I have mentioned in speaking of the various diseases of the throat and lungs.

In chronic bronchitis, and in debilitated states of the air passages, the vapor of balsam of copaiba, fir, Venice turpentine, Canada balsam, or tar, may be used. A small quantity of either of these may be put in a vessel of boiling water, and the vapor inhaled when the water has become sufficiently cooled. These articles, however, must be used with caution, and their effects carefully watched, and then a selection made to suit the state of the patient. A very good way to inhale them is to fill a room with the vapor from a large kettle. Benzoin is also made use of in chronic bronchitis; but as it is likely to produce coughing, it must be administered with care, and not breathed through an inhaler, but more indirectly and diluted. Balsam of tolu is sometimes used, and may be taken into the throat through an inhaler.

In a relaxed state of the membrane lining the lungs, astringent and tonic vapors are required. Use may be made of oak bark, pure green tea, or tannin.

When it is desired to increase expectoration, pure distilled vinegar may be used—but no other, as common vinegar will generally contain sulphuric acid.

To allay the paroxysms of spasmodic asthma, the vapor of tobacco or of stramonium may be inhaled. But these articles, and particularly tobacco, should be employed with great caution.

In sore throat, the vapor of pure water, vinegar, chamomile, and hops will give relief. But in none of the above named diseases must inhalation be relied upon to effect a cure. It is to be practiced in connection with taking proper medicines, and thus may be beneficial.

In pulmonary consumption, where there is great prostration, and but little inflammation in the affected part, the vapor of tar, balsam of tolu, storax, balsam of Peru, benzoin, and myrrh may be used. But as these articles are calculated to stimulate, they are useful only in the state above mentioned. Where less stimulation is needed, the vapor from elecampagne, or squills, may be employed. In violent coughs, sedative inhalations should be used, as conium, or stramonium, the latter to be infused in ether, and fifteen drops to half a drachm inhaled every twelve hours. The vapor of alcohol has been used with the most beneficial effects. It may be breathed from an inhaler, or the chest of the patient swathed in cloths kept wet with some kind of alcoholic spirits, and the body kept sufficiently warm to cause evaporation.

In the application of any of these remedies, the precise condition of the lungs should, if possible, be known; for, if carelessly or injudiciously employed, and the proper remedy for the existing particular state of the lungs be not used, an article of different properties may be injurious. Hence, the expediency of an examina-

tion in order to ascertain the condition of those organs. And in all cases where an examination cannot be had, and the patient is desirous of employing inhalation, commencement should be made with remedies of the mildest and least irritating character. When the condition of the lungs can be known, and when, from knowing their condition and the state of the patient, articles can be selected suitable for the case, the most beneficial effects will follow from the inhalation of vapor.

The articles mentioned to be employed in inhalation can be obtained in almost any place, and may be procured by the patient. But as many of my patients have desired me to prepare a compound for this purpose, to be used in connection with my other remedies for the complaints mentioned in the foregoing, I have combined from the best articles for inhalation an *Inhaling Fluid*, which is varied to suit the various diseases of the throat and lungs, and the various stages of those diseases, and is included in my course of medicines in all cases where it is needed. In hundreds of instances I have found it a valuable aid in the treatment of consumption. Indeed, there are some cases where it could not with safety be dispensed with; although alone, not this, nor any other article for inhalation can be relied upon to effect a cure. [See notice of the *Inhaling Fluid*.]

#### THE STREET DUST.

THE dust of the streets of a large city is a most horrible compound of a great number of ingredients. Of how many different articles it is composed, it would be impossible to say; but we may give some of them.

City street dust contains common sand, powdered stone, manure and urine of various animals and of men, dried plaster, pulverized brick, ashes of all sorts, decayed vegetables of all kinds, slops of kitchens, filth of drains and sinks, old quids of tobacco and stumps of cigars powdered up, the contents of spittoons, mucus from the throats of diseased men and animals, venereal poisons from prostitutes and libertines, evacuations from the stomachs of inebriates, matter from running sores, glandulous matter from the noses of horses, putrid emanations from manufactories of all kinds, expectoration of consumptives, scabs from old sores, poisonous matter from small-pox, leather clippings, saw dust, iron and brass filings, rust, and, in brief, everything filthy that can be thought of. These are well powdered, then nicely mixed up in the gutters, there dried, and then left to be raised by the feet of men and the wheels of carriages, to be inhaled by every one who goes out of doors to breathe the air.

As I have shown, the brick, pulverized stone, plaster, iron-filings, etc., of this compound, irritate and inflame the throats and lungs of persons; the more filthy ingredients operate upon the inflamed parts to poison them, and thus is directly produced ulceration, pulmonary consumption, bronchitis, sore eyes, blindness, catarrh, and various other diseases.

This street dust is a great and serious evil. It is the cause of thousands of deaths every year. It lays the foundation for the most fatal complaints; and besides being almost intolerable at the time it is inhaled, it is an enemy from which no man who enters the street can escape, until by *public action* it is extirpated. The physician advises his improving patient to walk or ride out and take the air for health and luxury—but *such* air! it is death to breathe it, and the patient had better run

the risk of dying quietly at home than venture into the streets of our **unclean cities**. If deadly vipers were curled across the sidewalks, to sting the passers-by with their envenomed tongues, the whole multitude would cry out to the rulers—"Away with them! away with them!" And they would soon be removed, or the people would become enraged and rise up to take the power into their own hands. The street dust of New York is not a viper in the animal form; but it comes in a more deadly shape, and its poisons are inhaled where people are not prepared to resist or to endure them.

This death-dealing nuisance should be abated. It is a matter not difficult to be done; and the cleanings of the streets will, in general, sometimes more than pay the cost of gathering and removal. It should be required that every house deposit its waste matter, such as ashes, vegetable remnants, &c., at an early hour in the morning; these should be removed in carts by seven o'clock in the morning in the summer season, and by eight in the winter in the large thoroughfares, and during the day from the less frequented streets. The streets and side-walks should be thoroughly swept every morning by the owners or occupants of property adjacent, the dirt collected in piles, and these removed in public carts, before the working and business hours of ordinary occupations; or else the whole business should be made a public matter, and promptly performed.

The dust around piles of brick in the streets should be collected up in a neat manner, and when an old house is pulled down, the rubbish should not be allowed to fill up the street, and scatter about the neighborhood, but the owner should be compelled to keep it cleared up. By introducing and enforcing such a system as this, our streets, instead of being receptacles for the breeding of diseases and the generation of death to the inhabitants, would become comparatively pleasant, and infinitely more healthy than they now are. Another cause of consumption and throat diseases, would have been annihilated, the bills of mortality diminished, and we should be much advanced in the scale of sanitary regulations for the promotion of health.

But such steps as these are objected to on the score of expense. It would *cost so much*, say people. But let us look at it in the pecuniary light, and see if there is not more *lost* by neglect of this and similar matters than it would cost to practice them. The inspector of the city of New York, alluding to this matter, says:

"The following extract from Dr. Lyon Playfair, of Lancashire, enforces this in an able manner. It is quoted verbatim, with the exception of the name and figures applying to New York, instead of Lancashire. 'There are every year in New York 7340 deaths, and 220,000 cases of sickness, which *might be prevented!*—and 6000 of the deaths consist of adults, engaged in productive labor. Further, every individual in New York loses 19 years, or nearly one-half of the proper term of his life, and every adult loses more than ten years of his life, and from premature old age and sickness much more than that period of working ability. Without taking into consideration the diminution of the physical and mental energies of the survivors from sickness, and other depressing causes; without estimating the loss from the substitution of young and inexperienced labor, for that which is skillful and productive; without including the heavy burdens incident to the large amount of preventible widowhood and orphanage; without calculating the loss from the excess of births, resulting from the excess of deaths, or the cost of the maintenance of an infantile population, nearly one-half of which is swept off before it attains



two years of age, and about sixty per cent. of which never become adult productive laborers; and with data in every case much below the truth,—I estimate the actual pecuniary burdens borne by the community in the support of REMOVEABLE disease and death in New York alone, at the annual sum of *thirteen millions* of dollars! This amount saved yearly, would equal in twenty-four years the total value of the real and personal estate of this city, and would doubtless double its value in a much shorter time. The inference is just, that it would be true economy for a community to allow its government to carry out every plan of Hygiene, to enforce sumptuary laws as regards hurtful articles of food and drink, to *remove every nuisance*, open broad avenues through every crowded block, complete the city sewerage, provide healthy dwellings, gratis, for the poor, establish hospitals in every ward, and furnish physicians and teachers of Hygiene for all.' ”

From this we may see, that though we appropriate some \$300,000 or \$400,000 annually to clean the city, (by many considered lost,) we lose an amount about *thirty times as large*, by not having the business done thoroughly! If we *properly* expended a couple of millions yearly to enforce cleanliness, undoubtedly it would save us seven or eight millions. So much for the *pecuniary* view of this matter of removing all causes of disease, of which dusty and filthy streets are one.

It is sad to reflect that the greater part of streets in large cities are given up to the destroying demon of dust. Slop, offal—everything is cast into the public highway to form a combination of impurity that spreads death on every side. A more inexorable pest than that of the sixteenth of an inch of dust on the sidewalks and in the streets of New York, to be blown about by every wind, and kicked up and inhaled by the throng of people, can hardly be imagined. In a windy day, it is almost impossible to live in our business streets, by reason of the dust that fills the eyes, the nose, the mouth, the ears; that spoils the coats of the gentlemen and the dresses of the ladies; that blows through every open door and window, and damages furniture; that whirls into stores, and spoils thousands of dollars worth of goods that forces the ladies to hide their faces beneath thick veils, to keep the eyes from being put out; and which is an expense and a nuisance in various other ways too numerous to mention.

And surely there is enough money appropriated for this purpose, to have it done. Some hundreds of thousands are annually paid out in this city for keeping the streets clean. But still it is not done! And why is this? It would seem that the money goes into the pockets of office-holders and speculators, while the dust is left to go into the throats of the people, to take them to Greenwood or the Potter's Field. While beggars infest the corners and importune the passers, on the score that they can get no work, would it not be well to set them to the cleaning of the streets and have them paid out of the money that now goes to speculators? Thus two evils would be happily abated; while now, notwithstanding the large appropriations, beggars infest the corners and the streets are not cleaned once in six months.

#### SUPPRESSION OF INTEMPERANCE.

Of the manifold evils that arise from excessive use of intoxicating drinks, we are in general well aware. I propose a few remarks upon the subject in connection with the matter of health.

The effects of an excessive use of spirituous liquors of any kind are lamentable; but an indulgence to any extent in the vile compounds in this day poured down the throats of men is prejudicial to health and destructive of thousands of lives annually. These articles inflame and eat up the coats of the stomach, they poison the blood, bloat the body, derange the system generally, deaden the intellectual faculties, making of a human being often a worse than beast; they breed bad habits of various kinds; engender a quarrelsome and devilish disposition; reduce the individual and the family to poverty; lead to the commission of crimes, and greatly injure society generally, as well as finally killing the drinker, and leaving baneful effects to be transmitted to succeeding generations. The man accustomed to strong drink becomes reckless; he neglects regular meals; often he is out of doors drunk and exposed to the weather, where he takes cold and is led into consumption; and frequently he is seized by that terrible demon, *delirium tremens*, and goes in anguish and misery to the grave, leaving a family in poverty behind to be supported by others. Than a man given up body and soul to alcohol, a more loathsome object can scarcely be met with upon the earth.

The passion for intoxicating liquor is often hereditary. Dr. Gall makes mention of a Russian family in which the father and grandfather fell early victims to drunkenness; the son, though he saw the consequences of the habit, continued to abandon himself to it, in spite of every resolution to the contrary; and the grandson, at the early age of five years displayed a most decided inclination for strong drink. A peculiar state of the organization, giving rise to the mental peculiarity, was in this case transmitted to the grandson.

Dr. Caldwell considers an irresistible desire for intoxicating liquors a symptom of cerebral disease, with its seat in the organ of alimentiveness. As long as this disease exists, the desire is strongly felt, and every appeal to the understanding of the repentant and unhappy patient is in vain. And he says it can be cured "by the same means which are found successful in the treatment of other forms of insanity, where the cerebral excitement is preternaturally high. These are, seclusion and tranquillity, bleeding, puking, purging, cold water, and low diet. In this prescription, I am serious; and if it be opportunely adopted and resolutely persevered in, I freely peril my reputation on its success. If interrogated on the subject, the resident physician of the Kentucky Lunatic Asylum will state that he finds no difficulty in curing *mania a potu* by the treatment here directed."

Dr. C. thinks that only recent and acute cases can be speedily cured; the old ones are less tractable; and, as in all other diseases, there are instances where the patient is past cure. Dr. C. expresses the opinion, in which I agree, that nothing would tend more to diminish the prevalence of habitual drunkenness, than to have it deemed and proclaimed a form of madness, and dealt with accordingly. "Hospitals erected for the reception of drunkards with authority given to confine them there, would be among the most important institutions that could be established, and would effect an immense saving of life, health, property and reputation."

Of the transmission of this tendency for strong drink, Dr. Caldwell observes: "Every constitutional quality, whether good or bad, may descend, by inheritance, from parent to child. And a long continued habit of drunkenness becomes as essentially constitutional as a predisposition to gout or pulmonary consumption. This increases, in a manifold degree, the responsibility of parents in relation to temperance. By habits of intemperance they not only degrade and ruin themselves,

but transmit the elements of like degradation and ruin to their posterity. This is no visionary conjecture, the fruit of a favorite and long-cherished theory. It is a settled belief resulting from observation on inference derived from innumerable facts. In hundreds and thousands of instances, parents, having had children born to them while their habits were temperate, have become afterwards intemperate, and had other children subsequently born. In such cases it is a matter of notoriety, that the younger children have become addicted to the practice of intoxication much more frequently than the elder—in the proportion of *five to one!*"

At the present time there is a general movement in several states to suppress by law the evil of intemperance, by prohibiting the sale of ardent spirits except for medicinal or mechanical purposes. Of the expediency and the constitutional right to prohibit the sale of liquor there are conflicting opinions; but that, if the sale were prohibited, and men could not obtain the means of intoxication, it would result in an invaluable benefit to mankind and to society, would save much of poverty, misery, sickness, crime, personal abuse, premature death, and expense to the state, by liquor now engendered, there can be no manner of doubt. No man, however much he may be opposed to legislation upon the subject, can deny the truth of this statement. And this being the case, it certainly is a question worthy of the most serious consideration of the physician and philanthropist, if it would not be both wise and proper to suppress the evil by legislation. Without this it may well be doubted if the monster folly of intemperance, with its long train of miseries, will ever cease to exist. If good and pure liquor could be used with discretion, and as it ought to be used, it would be a useful article; but as experience shows us that this is not always done, and that much evil results from its abuse, an experiment in the form of legislation against its sale might with wisdom be made, as a part of general sanitary regulations. This would soon give us the whole matter in a light where the benefits and the evils of liquor could be pronounced upon *statistically*, and thereafter the subject would be less open for question.

#### EFFECTS OF WEALTH UPON DISEASE.

THE effects of wealth upon the health as well as upon the happiness of the universal people of any nation, is a matter worthy the attention of the philanthropic physician, the enlightened theologian, and the profound philosopher. By wealth, I would be understood as meaning that sufficiency of money, or of other worldly goods, which shall provide to every individual and to every family not only the bare necessities of life, but a certain amount of luxuries, and of ease, at proper intervals, and of leisure for recreation to make merry and be glad; and to place them so far beyond want at all times, that there shall be no danger of corruption by their political views or their ballots becoming marketable goods to be purchased by the gold of tyranny and despotism. To this extent did God in his wisdom intend that all men should enjoy of the world; but by the seeking out of many devilish contrivances by the cunning, and by the establishment of systems of society wherein the laborer does not in one case of an hundred receive the just and full rewards of his toil, the intent of the Creator is rendered void, and the consequence is an enormous addition to the sum total of human misery; to the murders, the suicides, the sicknesses, the premature deaths, and the countless evils that sur-



round us, as punishments therefor; and a corresponding diminution in the total of the happiness, the intelligence, and the health of the mass of any nation.

It is commonly promulgated that wealth is the parent of the great bulk of all crimes, whether of nations or of individuals; and that its opposite is the father of the vast majority of virtues and the mother of the happiness that is among men. I boldly deny the truth of this doctrine; and do so not only by the sanctions of common sense and reason, but under the teachings of the invariable experiences of the past from the creation of man to the present hour. The commonly *preached* doctrine upon this point is fallacious and without good foundation—the *practised* one is correct, and has been so acknowledged by the *actions* of mankind through all ages, notwithstanding his hypocritical tongue may at times have denied the truth.

Of the effect of wealth upon the general health of a people, any candid observer will admit that it is in the main beneficial. That evils in many cases, both in a moral and a physical sense, arise from it, is true; but these are the results of the *foolish abuse*, or tyrannous use, of it by men, and not of its judicious investment under the directions of wisdom. That in the wealthier classes there is a greater average duration of life than among the poor, is a truth that careful statistics have proven, as I have shown in the articles on Lung Consumption, and in Occupation on Health, and elsewhere in this work. This fact is undeniable; and it is easy to see why it should be so, since we know that the poorer class of people are necessitated to eat worse kinds of food, to live in worse tenements, to breathe more impure air, both in their abodes and in their business, and that they enjoy less of almost everything that contributes to health. Who does not know that all epidemic diseases manifest themselves more powerfully and deadly among the poor class of the people, and this for the reason that the poor class is obliged to dwell in localities and houses which breed disease, and to eat foods often which do no better.

Says a report on the cholera in Boston, in 1849, speaking of the abodes of that class of people among which it mostly prevailed: "Some of these (cellars) are divided off into one or more rooms, into which hardly a ray of light, or breath of air passes, and where, notwithstanding, families of several persons reside. How the lamp of life, under such circumstances, holds out to burn, even for a day, is, perhaps, as great a wonder as that such a state of things should, in this community, be suffered to exist. That such residences become the *permanent* abodes of fever, in some of its forms, is well known to the medical men who visit them; and that they tend to *shorten life* we may already infer from the statistical tables of Mr. Shattuck, who states that the average of Irish life [the class mostly inhabiting these places] in Boston does not exceed **FOURTEEN YEARS**," while the average duration of life of the entire population is about *forty years!!* This one fact is sufficient of itself, especially when we remember that the same proportion holds everywhere else under like circumstances, to establish the truth of the point I would claim; since we know that it is the **POVERTY** of these people that keeps them inhabitants of such vile abodes.

A committee of the Massachusetts Medical Society, in a report made in 1849, present the following remarks upon this subject:

"There is a very common notion that the privations and discomforts of poverty are at least compensated by health. The robust strength of the laborer is often referred to as an example of this compensation. The children, especially of the poor, who are often neglected and uncleanly, in want of proper clothing, and exposed to

the severity of the elements, are quoted as proofs of the uselessness of attending to many of the rules of health. But all inquiry into the condition of the poor shows the fallacy of these opinions and the evil consequences of following them.

"Mr. Chadwick's report on the sanitary condition of the laboring classes, shows that, within the reach of his inquiry, the average age at death of all persons, including father, mother, and children, in the families of the most prosperous classes was 42.6 years, and in the families of the poor only 20.4 years! [A difference of more than one-half.] Among the prosperous only 20 per cent., and among the poor 50 per cent. of the deaths were of children under five years.

"According to Benoistan du Chateauneuf, among 10,000 persons living at each age, and in each class, in Paris, there died—

Age.	Rich.	Poor.
30 to 40	108	157
40 to 50	117	213
50 to 60	199	359
60 to 70	360	750
70 to 80	804	1456

"An analysis of the bills of mortality of the town of Dorchester for more than a quarter of a century showed that those who had died within that period in the families of the poor had enjoyed an average longevity of only 27.4 years, while those who died in the families of the prosperous had lived, on an average, 45.6 years. Among the poor, 31 per cent., and among the prosperous only 12.4 per cent. of all the deaths were of children under two years of age. Among the poor only 9 per cent., while among the rich 27 per cent. lived to the age of threescore and ten years.

"Wherever this inquiry has been made a similar result has been obtained; the revelation of a lower degree of health, and a shorter life among the poor, and a higher degree of health, and a longer life, among the more prosperous classes."

Under this point I may quote from Combe, who says: "It has been very common to eulogize the simple food and hardy habits of the *poor* and *laboring* classes as eminently conducive to health, when contrasted with the debilitating effects of the cares and luxuries of the *rich*. Experience unfortunately reverses the picture, and shows, by arithmetical arguments, that the excess of work, and the privations to which the poor are habitually exposed, produce a much higher rate of mortality among them, especially in seasons of scarcity or commercial depression, than among the richer classes of society. And the same thing is further proved by the fact, that in the army and navy the officers almost invariably suffer less than the men from changes of climate, and from the fatigues and calamities of war. In France, the mortality among the infants of the poorer classes is said to be nearly DOUBLE that occurring among those in more affluent circumstances; while, in the wealthier departments the average of life is TWELVE years greater than in those which are poor!! In London, according to Dr. Granville's tables, only 542 infants out of every 1000 births among the *poor* survive their second year; and in Paris, also, the mortality in the quarter inhabited by the working classes, is nearly double that which occurs among the more wealthy!! The influence of impoverished diet, defective clothing, and an unfavorable moral position is strikingly exhibited among the children of

soldiers, of whom according to Mr. Marshall, only a very small proportion reach the age of manhood, most of them being stunted in their growth, scrofulous in constitution, and bad in morals."

As another evidence, take these remarks of the City Inspector of New York: "As a *great and growing cause of unhealthiness* in many sections of our city, permit me earnestly to call your attention to the reprehensible practice of erecting dwellings in too close contiguity, and still worse of dividing them into numerous, contracted, and ill-ventilated apartments, each of which cupidity fills with a family, by the tempting offer of a *cheap rent*, but ruinously dear in the end to the occupants," because it breeds disease. Of such tenements, it is well known that *poor* people are the inmates, because they are not able to hire more cleanly and healthy abodes. But to show the effect upon health of cleanliness and air, and other sanitary causes, may be considered supererogatory in this place; it has been already done, and it must be evident to all men. But this being admitted, the questions arise, how is health to be promoted through sanitary measures, especially in large cities, except by the use of *wealth*? and how is wealth to be used, unless it be first had? It becomes obvious at a glance that no *public* sanitary measures could be adopted among a people all poor, and it is equally obvious that every *individual* who is poor is more or less compelled to abandon those sanitary measures in the case of himself and his family that ensure health and a continuance of life. The *cause* is so allied to the *effect* that it is utterly impossible to separate a certain amount of wealth from any family, and keep that family in as good a state of health as it would be from a wise and proper use of the wealth. It follows, therefore, that a people dwelling in poverty, dwell also in closer contiguity to disease and early death.

As an illustration of the effects of wealth, wisely used in public sanitary measures, both as regards health and morality, we may look back upon ancient Rome in the days of her richness and power. Says a writer—"The Romans were the most sagacious and extensive legislators in these matters. The arrangements for supplying the houses of Rome with water were most minute. Those for ventilation and drainage, still traceable in the remains of Roman amphitheatres, have struck our most advanced sanitarians with surprise. It is easy to see from Vitruvius, and from portions of the collection of Grævius, that the rules and operations for the protection of health in Rome, were of a very radical and peremptory character, and allowed no minor interests to interfere with them. It seems to have been a rule with them, that from the time when the foundation of a city was laid, to that of the summit of its greatness, no structural operation, public or private, should be permitted to take a shape which should render it a harbor either for disease or crime. And it is to this vigilant forethought that we must attribute the success with which that remarkable people preserved *social order* throughout so dense and vast a mass of human beings, as the inhabitants of the imperial city in the days of its greatness."

This, be it remembered, was when Rome was "mistress of the world," and *wealthy*. But how was it after her fall? Says another writer—"The cause of public health received a *fatal check* when Rome fell! Wealth departed from among the people, and existed for centuries only in the hands of a few feudal barons. For five centuries there were no sanitary regulations. The people were too *poor* to construct the means! In those dark ages frightful epidemics often appeared to desolate the land!"

And in accordance with this is the history of pestilence in all ages of the world



Health and wealth, and in great measure the diminution of crime, have been allied together. To make a people poor, is to subject them to the ravages of disease, and often to force them to the committal of crime, and render them subject to despotism! Who does not know that thousands of men have been driven to commit crime by destitution? And who does not know that thousands of women—the loveliest of God's creations—have been forced from the paths of virtue by want, and driven into the degradation of prostitution, and immolated upon the altar of unholy lust? Says Dr. Samuel H. Dickenson, late Professor of the Theory and Practice of Medicine in the New York University:—

"Men have devoted time enough ineffectually, in continuous efforts to relieve suffering and punish crime. To *prevent* them should be our paramount purpose; and I fully believe that the *physical destitution* of the poor is the chief *cause* of the intemperance, disease, and vice amongst them.

"I fully believe that if one half the amount expended in hospitals and alms-houses, prisons and penitentiaries, were appropriated with judgment to the care of the physical well-being of the class with which these institutions are filled, the remaining moiety would be far more than sufficient for the necessities that now, with the most unsatisfactory results, consume the whole.

"EXTREME POVERTY, the double cause and consequence of disease, is the most *prolific parent of suffering and crime*. Of this the inquiring moralist may be satisfied by copious testimony.

"In the great plagues of Florence, London, and elsewhere, nay, even in the modern cholera, the multitude grew violent and reckless. Robbery and murder stalked through the desolate streets. Let us eat and drink, for to-morrow we die, became the maxim as well with the refined sensualist of the Decameron, as with the grim ruffians of St. Giles, and the Parisian faubourgs. Such demoralization always follows upon the heels of pestilence and famine. It would be Utopian to imagine, that any effort can altogether preclude among men, constituted as they are, the infliction of extreme poverty upon the improvident and imbecile. But it is possible to diminish the number of its victims, and to evade the diffusion of its malignant influence beyond the circle of its inevitable presence.

"Policy as well as humanity demand that this should be earnestly attempted. The rich man, in his luxurious cabin, may be infected by the ship fever of the miserable emigrant in his crowded steerage. Pent up within the thronged area of a great city, he will likewise suffer from the typhus generated in the lanes and alleys, hovels and cellars, among which he must reside, or whose pestilential breath he must inhale in passing. The citizen who will not provide for the enforced purification of the streets and houses, may soon become the victim of the miasms eliminated by them."

But how, permit me to ask, is this to be done without wealth? I answer, it cannot be! And allow me further to add, that if Dr. Dickenson be correct in his conclusions, poverty not only thus produces disease by forcing people to a certain extent to live in filth, and carries those persons to the grave, but it becomes the source from whence also the wealthy man is infected with sickness. So that the destitution of one family in the midst of a populous city, will not only bring disease upon the members thereof, but will become the nucleus for the destruction of thousands.

That by want thousands of females are forced to the life of the prostitute, who, but for that, would have been virtuous and lovely women, is too glaringly true to be

denied. Says a minister of the Free Will Baptist denomination—"Lavish as is heaven of its blessings, still very many of the human family are suffering for the want of the necessities of life. The extent of this suffering varies in various countries, but it prevails in all large cities. Of its victims, some will steal to satisfy their souls, and others will sell themselves to do iniquity. The history of prostitution presents most clear proof of this assertion. In Paris, of 5183 prostitutes, whose cases were minutely examined, 1441 had been reduced to that state by sheer destitution. It was proved respecting one such, that she had not tasted food in three days. Says Tait—"There are fifty or sixty families in Edinburgh who are almost wholly supported by the secret prostitution of the mother, and three times that number who are partially maintained in the same manner. A daughter had struggled on six years to support herself and bed-ridden mother by the needle; before sacrificing her virtue she sold the last blanket from her mother's bed, and her own last dress."

"Who will deny that these are startling considerations? And what is true of European cities, is true of American ones, to a greater or less degree. Young girls can always get money in our large cities by bartering their virtue. It is an unfailing dernier resort. Why should it be thought strange that a female, pressed by pale want, should do that which a male will do in the absence of this necessity, and without a scruple? And why, especially, should it excite wonder, while black-hearted seducers and procuresses, knowing this want, swarm thick around, ever ready to take advantage of their distressed condition?"

It should be remarked, that the 1441 harlots mentioned above, were so from *sheer destitution*. Of the total of 5183, 1255 more had lost their parents, or been banished from home, or deserted by their parents, and were of consequence more or less the victims of poverty; 89 more had resorted to the business as the only means of supporting some relative; and 289 others were servants who had been seduced by their masters and dismissed in poverty. From these figures we may glean a faint idea of the effects of poverty upon prostitution. And now, without speaking of the *moral* influences thus produced, you will have only to refer to what I have said of prostitution causing diseases of various kinds, which spread over the land, and are transmitted down through succeeding generations, to see the *effects of poverty upon the health of a people*, much of which would have been prevented by the possession of moderate wealth. Of the beneficent influences of wealth, and the evils arising from poverty, I might give many other illustrations, were it necessary to do so in order to establish in your minds the truth. Not only are the operations of destitution seen in the ways more particularly pointed out, but they may be beheld in every sphere of life. Indeed, money, which is the accredited representative of wealth, is the pivot upon which the world is turned! Give a people wealth, and sickness, murders, suicides, and a thousand other evils that beset us, would be lessened in a great degree. Under the influence of a full pocket, the spirits of the mass of men are elevated, their physical well-being is improved, and they are rendered happy as kings. The desire for a sufficiency of wealth to guard against the encroachments of want, is a natural, proper, and holy one. The attainment of this engages the energies of the man of the civilized world, though he live a thousand years, were it possible to remain on earth so long. Let a money panic sweep over the nation, and the countenances of men become sad; sickness begins to increase; shrivelled faces and rusty expressions appear, with steps of debility and dejection. But when the panic has passed, the people recover; the smiles return to the faces, the glow to the cheeks,

and elasticity to the spirits. A loss of money gives a man the dumps, and puts him in chills even in July; but the making a round sum puts the "blues" to flight, and the lucky individual will cock his hat upon one side, and whistle and sing the whole length of Broadway.

Money to man is what fuel is to the engine, oats to the horse, wind to the sail vessel, or moisture to the plant. It is the electric impetus to give him motion and action, and excite his physical and mental energies. Its possession by all will add to the sum total of happiness that exists among a people. It is an effectual physic for the cure of the ills of a nation. Decrease the wealth of a country, and we increase sickness and crime; we multiply cross husbands and scolding wives; we breed despair, misery, and vice, in all their horrible and disgusting forms.

Look at the mechanic when he has good wages. Is he not more cheerful and happy than he would be without enough to keep body and soul together? Look at the merchant when his trade is brisk and prices are running high. Does not his face wear a more agreeable smile? See the farmer when his harvest is plentiful, and the prices of grain are up. Does not he feel more to rejoice in his soul? Look at the woman when she has plenty at her command to give competence to herself, and to clothe her children daintily. Does she not seem more beautiful and happy therefor? But reverse these pictures. Put the mechanic upon barely living wages; let the trade of the merchant be dull; and behold the farmer with crops destroyed by the rot and the tempest, and his herds perishing by disease; see the woman who has no longer the means to clothe and feed herself and her children! I will not attempt to contrast the feelings and the looks of these persons under such circumstances with those they display when prospered: you may paint the picture for yourselves. And you may draw, too, your portraits of the hard-worked and ill-paid factory girl, and imagine to yourselves the faces of the hungry poor; and then tell me if wealth is not the sovereign remedy and healing balm for the ills that beset a nation.

Give us then plenty of work and good pay for the masses; encourage industry by so doing, and talk not of the "blessings of poverty." Let money be the food and physic of the nation, and we shall be troubled with less of consumption, of dyspepsia, of murder, of suicide, of insanity, of prostitution, of bitter struggles between man and man, of animosities, of a thousand evils that beset us on every hand.

The greatest curse that can ever befall our nation is to have the ambition of the laboring people broken down by a continuous system of low wages, and the diversion of the profits of their toil to the increase of wealth and power in the hands of a few, in imitation of European despotisms. To take the honest rewards of hard-working men from them and their wives and children, for the purpose of declaring large dividends to capital, and increasing gold in the grasp of a small minority, is a sin in the sight of God, and a blighting blow upon the liberties of the people. The masses of our country—the voters in whose hands *now* lies the power of the ballot—should take warning of the experiences of other nations; they should consider the ways of God in his creation of the universe, and remember that He made every thing to give comfort and delight, and minister to the wants of *all*; and that He did not intend the few should control and sport with the many, for the furtherance of their own private and selfish ends.

As by the healing of one part of the body the whole is rendered more healthy and strong, so will a nation be rendered more powerful by placing in a state of financial health the interest of each individual member. If the wants of the entire



body of the people are studied, as the physician studies the wants of every part of the human system, instead of attending to one or two parts only, and leaving the rest to sickness and decay, the permanency of the nation will be rendered more certain, and stability receive greater guarantee. As respects the welfare and prosperity of a nation, the wants of the people—each and all—should be attended to, as the physician attends to every part of the human body.

Viewing our own nation, or any other, we may say that its rulers, whether elected or hereditary, bear the same relation to it as does the stomach to the various organs of the human body. The business of the stomach is not to rule over, but to minister to the wants of these organs. And when, through foulness and corruption, it does not so minister as to give health, ease, and comfort, it requires to be puked, purged, fasted, or stimulated to a proper state by the administration of the requisite correctives. So, also, the business of national officers should not be to *rule over* the people, but to minister to the wants of the great whole; and when they do not do this properly, they should be *corrected* by the application of the proper remedies—the votes of the ballot-box. As a tape worm or other reptile sometimes gets into the human system, and thereon fattens, to the great detriment of the person, so often does a bad ruler get into the stomach of the nation, and there fattens himself at the expense of the people. And in the one case, as in the other, there is a decided necessity to physic, kill, and spew out the tyrannical monster. Often, the skillful surgeon is compelled to make use of hooks, needles, and scalpels, to eradicate some distressing fungus from the human body; and so often the masses will find it necessary to use the bayonet and the revolver to remove some hideous and painful excrescence from the body politic.

Republican liberty, an equality of rights and privileges, and a system under which the laborer shall receive the fruits of his toil, and a centralization of wealth be prohibited, are requisites for the permanence of any country which would give happiness to the masses of the people. With these, and an encouragement of industry among all, the rich as well as the poor, the progress of our nation can never be stayed—our freedom can never be confined; as well might we attempt to hoop up Vesuvius, to stop the flow of its heated torrents of lava. Under such circumstances, we may become as strong as the powder buried in the rock, to which, when once the spark is applied, there can be no restraint imposed; for when the fire of liberty has ignited the wrath of a free people in favor of justice and humanity, the powers of despotism must be blasted before it, and its fragments scattered to the four winds of heaven; so that all the medical plasters and healing balsams of tyranny and oppression in God's creation can never draw them again together. The republican principles of our government are powerful in the dethronement of despotism, if they are not betrayed and sold into the hands of the enemy.

Money, liberty, ease, and domestic happiness, are as sweet to one man as another; and if sweet and desirable to the emperor, the king, or the president, so, also, to the industrious laborer—more so to the half-clad and half-starving poor. So long as money is the grand pivot on which mankind revolve, the equalization of it so as to give a sufficiency to all who labor, and to make all comfortable and happy, should be the first object of government. And as life, liberty, the pursuit of happiness, and equal rights, are desired by all, in their fullest sense and in their original purity, accursed should he be who would seek to deprive the least or the weakest of them,

either by usurpation of power direct, or by hoarding up gold which should pass into the hands of the laborers that "have reaped down his fields."

Considering, as I do, that poverty is a curse, and a far *greater* source of sickness and premature death, both directly and indirectly, than its opposite, I would enforce the matter upon your attention by quoting the following:

"To be possessed of *inordinate wealth* is not the desire of the great mass of men; but to have a sufficiency to support, in comfortable circumstances, his wife and children, should be the first object of every citizen. To be separated from want, from youth to old age, by but a single step, is what men should not endure. It is well that every one should be blessed with a sufficiency of the 'root of evil' to do something more than buy bread from day to day, to keep soul and body together. We should have enough to live on comfortably—to occasionally indulge in a day of relaxation from labor and innocent recreation—to well clothe and well educate our children—to keep ourselves above the filth and the vice that dire poverty engenders—to contribute something to those poorer than ourselves—to assist in enlightening the minds of darkened mortals with the lights of virtue and religion—and to cultivate those refined tastes, and that love for the good and beautiful, which humanizes, and beautifies, and christianizes the minds of men and women—rendering them more devoted and pleasing to each other, and more acceptable to the angels in heaven; which elevates us in the scale of living beings, and raises us from the brutality of the beasts of the field to an approximation unto the character of the Deity. To attain to these, and to other good and noble qualities and qualifications, is what we should have *money* to do. \* \* \* Without this, a people sink into the lowest depths of ignorance and degradation, which breed disease, pollution, and vice; With it, guided by wisdom, it rises to be second only to the gods. In the former condition, life is hardly worth the living—in the latter, it is loveable and glorious. \* \* \* We deem it the nobler aim of philanthropy to take more effectual measures for bettering the *physical* condition of the laboring classes—to afford them advice in the daily path of business—to teach them the art of thrift, whereby to secure to themselves capital and income, so that a period may arrive in their existence when they can afford leisure to 'read, learn, and inwardly digest'—to build them tenements possessing the advantages of light and ventilation, and healthy situation—to teach the beauty and holiness of cleanliness. Would not this be better than distributing intellectual food, of moral and religious character, to starving objects of misery, inhabiting cellars, in whose precincts a dog would not willingly remain?—nay, would not the means of instruction be better prepared, and rendered far more efficacious by this beginning at the right end? \* \* \* Without wealth, who among us is so powerful as to do aught for the amelioration of the condition of mankind? Could we without it found a school-house for the education of our children? Could we build a church, wherein to worship the Father of the world? Could we support the physician, who ministers to the sickened body, or the priest, who ministers to the sickened soul? Could we find clothes for our wives, or food for our children? Could we live and be decent? Eschewing all the luxuries and the pleasures of life, could we have even the necessities? Finally, could we give either liberally or stingily to relieve the enslaved nations of the earth from the chains of despotism, or from the darkness and ignorance of that heathenism which bows its knee in worship unto false gods? \* \* \* That philosophy which teaches that wealth is a curse, and poverty a blessing, is false. \* \* \* It is a philosophy than which none more wrong,

antenable, and unchristian, ever emanated from the brain of man, or originated with the devil. It is a very spawn of hell! This philosophy, practicalized among us, would render a man with his wife and children *miserable*. It would reduce him to a level with the most ignorant and degraded of all the most miserable and oppressed inhabitants that flee from the bogs and the famines of Europe to our shores—and his children with him! Under it his sons must be reared in the cursed darkness of ignorance, and his daughters in the damned degradation of filth and rags: and himself, if he have in his breast one spark of refinement above the brute beasts of the field, be driven to despair, and to the ending of his sorrows by the death of the suicide." Wealth is the abundance of God given to man, to add to his happiness upon earth; but poverty is the net of the Devil for the enslaving of mankind.

### MATURITY AND DECAY.

For the benefit of those who would wish to know of the average *maturity* and *ratio of decay* of the human body, in reference to years, as judged of from the weight and height at different periods of life, the following table from a long series of observations is appended:—

MALES.			FEMALES.		
	Feet high.	Pounds weight.		Feet high.	Pounds weight.
At birth,	1.64	7.06	At birth,	1.61	6.42
1 year,	2.29	20.84	1 year,	2.26	19.39
5 "	3.24	34.78	5 "	3.20	31.67
10 "	4.18	54.08	10 "	4.09	51.89
15 "	5.07	96.40	15 "	4.92	89.04
20 "	5.49	132.46	20 "	5.16	115.30
25 "	5.51	138.79	25 "	5.17	117.51
30 "	5.52	140.38	30 "	5.18	119.82
40 "	5.52	140.42	40 "	5.18	121.81
50 "	5.49	139.96	50 "	5.04	123.86
60 "	5.38	136.07	60 "	4.97	119.77
70 "	5.32	131.27	70 "	4.97	113.60
80 "	5.29	127.54	80 "	4.94	108.89
90 "	5.29	127.54	90 "	4.93	108.84

It will be observed there is at all periods of life an *average* greater height and weight of males than females, though it is known to us all that in individual cases there are exceptions to this general rule. It will be remarked, also, that there is an increase in height in the males till 40, after which they decrease; that females attain their full height at 30, remain stationary till 40, and then descend; that the males increase in weight till 40, decreasing after that age; but the females do not reach their full weight till 50. The increase in weight of females between 40 and 50, and the marked decrease in height between those ages, is somewhat remarkable and curious. And it will be further observed, that the correspondence in maturity of both weight and height, taking both sexes, with the average duration of life, is marked and palpable. To these rules, however, it should be recollected there are exceptions in individuals, in all save the height. It is pro-



table, indeed, there is no instance recorded to the contrary, that all persons of the male sex attain their full height before 40, and all of the female by the age of 30. And in regard to weight, it may be observed, that wherever we find an increase after the ages of 40 or 50, that increase cannot be said to be either a natural or a healthy one, unless previous to that time the person had been laboring under the effects of some disease, and had then recovered from it. The increase of weight after 40 and 50 is almost always the result of a species of disease induced by over-eating or over-drinking; it is far from natural, and in ninety-nine of an hundred cases is detrimental to the general health of the individual, if not producing positive and specific complaint of one kind or another. So that, these things being considered, we observe that the age of 40 years is in both sexes the average of maturity of the body, and that from thence there is a gradual descent as before there had been a gradual upward inclination.

And thus we see, that though life may, as it should be, be prolonged by obedience of the laws of health, there is finally death appointed unto all. "The last character," says an author, "by which the living body is distinguished, is that of terminating its existence by the process of death. The vital energies by which the circle of actions and reactions necessary to life is sustained, at length decline, and finally become exhausted. Inorganic bodies preserve their existence unalterably and forever, unless some chemical force, or some mechanical agent, separate their particles or alter their composition. But in every living body, its vital motions inevitably cease, sooner or later, from the operation of causes that are internal and inherent. Thus, to terminate its existence by death, is as distinctive of a living being as to derive its origin from a pre-existing germ."

Says Combe:—"Death appears to be a result of the constitution of all organized beings; for the very definition of the genus is, that the individuals grow, attain maturity, decay, and die. The human imagination cannot conceive how the former part of this series of movements could exist without the latter, as long as space is necessary to corporeal existence. If all the vegetable and animal productions of nature, from creation downwards, had grown, attained maturity, and there remained, the world would not have been capable of containing the thousandth part of them.

"Organized beings live as long as health and vigor continue; but they are subjected to a process of decay, which impairs gradually all their functions, and at last terminates in their dissolution. In the vegetable world, the effect of this law is to surround us with young trees in place of everlasting, stately, full-grown forests, standing forth in awful majesty, without variation in leaf or bough; with the vernal bloom of spring, changing gracefully into the vigor of summer and the maturity of autumn; with the rose, first simply and delicately budding, then luxuriant and lovely in its perfect evolution. In the animal kingdom, we find that the same fundamental principle prevails. Death removes the old and decayed, and the organic law introduces in their place the young, the gay, and the vigorous, to tread the stage with renewed agility and delight."

However sweet life may be to us, however great the joy experienced in our wealth or in the presence of our friends, or however much we may wish to accomplish in life, we should remember that death is appointed unto all, and that God will one day call us home to give an account of our stewardship. Therefore, whether in sickness or in health, be ready when the angel of death shall come, which may be in an "hour that ye think not of." Let your business be every day in a pre-

pared condition; let your conscience be free and your heart pure and spotless from sin—"washed in the blood of the Lamb" "that taketh away the sin of the world." Remember that the richest and sweetest pleasures of this earth are scarcely a foretaste of the bliss prepared above for the pure in heart and the lovers of Christ.

Experience and revelation alike teach us the shortness of life and the certainty of death. "For dust thou art, and unto dust shalt thou return."—Gen. iii. 19. But if we die, shall we not live again? Most assuredly. Read what the Scripture saith—"For as in Adam all die, even so in Christ shall all be made alive." Christ died and was buried, and rose again on the third day.—1 Cor. xv. 4. Christ was seen after his resurrection by Cephas and the twelve Apostles, after that he was seen by 500 of the brethren at once; after that he was seen by James, and last of all he was seen of Paul.—1 Cor. xv. 5 to 9 verse. The dead in Christ shall arise first.—Thess. iv. 16. Set your affections on things above, not on things on the earth; for the things of this world are but the preludes to a higher sphere of action. But if we are Christians—if our hearts be pure—if we are accepted of Christ, all is well. Whether we are to die or to live, let us be cheerful, as children in God, knowing that Jesus is able and has promised to raise us up from the grave and regenerate and make us new in him. He has passed through death and is in life; the way is made straight for us, with a mighty arm that can defy all the powers of the adversary, and place us in a heaven of bliss, free from all pain and sickness, woe and sorrow of the heart.

### INCREASE OF THE POPULATION.

AMONG modern would-be philosophers there has of late become prevalent a doctrine used by them against early marriage, and in impeachment of the wisdom of Deity, to wit: that according to the present rate of increase of the population of the world there would in a time not far distant arise such an immense number of human beings that the world would not afford sustenance for them. A more foolish conclusion than this, if arguing from correct premises, could not well be arrived at.

With these men it is customary to take the increase of population in some family or fast-growing place, and arguing therefrom, they people the earth to overflowing in a comparatively few years. They seem not to remember, or they purposely avoid allusion to the fact, that while one portion of the earth is increasing in population, another is *decreasing*. Thus, at the present time, while the United States is fast growing in the number of its inhabitants, many parts of Europe are being thinned by emigration to this country. And it is by no means an impossible matter, that the day may come, when, this country being well filled, the tide of emigration will set back again and the population of America decrease.

Of the increase of the population of the universal world in the last one hundred or one thousand years, it is quite impossible to speak with exactness; but it is by no means so great as to put the most fidgety upon this point in fear that the doctrine of the famous Malthus will have to be put in practice, nor so great as to be any argument against the people embarking in marriage at the proper age. Even in this country, where the increase of the population is greater than at present in any other part of the world, there is no immediate call for the application of any Malthusian theories.

Taking the city of New York, which increases in population *very fast* in proportion, we find that in the year 1805 there was a population of 75,770; in 1850 there was 515,394; increase 439,624. In this time—from 1805 to 1850—45 years—the number of deaths has been 127,671. So that in 45 years there has been an increase of only about  $3\frac{1}{2}$  times the number of deaths. This rate, it is very true, would soon give us an immense number of people; but the question immediately arises, how much of this increase was *natural*? Of this we may gain some idea from the fact that in the year of 1851 alone, there were nearly 300,000 *emigrants* landed in New York from foreign countries, besides a large number of in-comers from the country places of our land—which is always larger than the out-goers to the country. The number of deaths of children under ten years of age in 1851 was about 13,000; and as it is known that much less than two-thirds of those born ever arrive at the age of ten years, we shall see that the number of births in New York is not larger (and in truth it is not so large, the number of emigrants making the deaths here more in proportion to the births than in places where there is no emigration,) than the number of deaths. And from this we infer, that though the growth in population of *particular places* is sometimes great, the increase in the population of the whole world is by no means so extensive that men and women need fear to “increase and multiply and replenish the earth,” though modern philosophers in their much-pretended wisdom do place them on their guard.

It is true that the population of this country is increasing rapidly, mostly by emigration. But it may go on increasing at the same rate as heretofore for many years before the country will become unable to find food for the hungry, if it be properly tilled. The valley of the Mississippi is alone capable of raising provisions to support 250,000,000 of people! It will be some years before our population is that large. And if it should ever arrive to that number, and three times greater, the earth would yet support them, if tilled *scientifically* and every inch improved; for as yet the science of agriculture is in its infancy in a certain sense: but a small portion of the earth is tilled at all, and that but miserably. A society which should give to labor its *earnings*, and a population so dense as to require the utmost capacity of the earth *scientifically* and *chemically* tilled to support, would develop in the soil a power of production such as but few men have ever thought of; and did this state of things exist, a man would get a better living off of ten square rods of ground than do many now off of a mile square. Why then should modern philosophers urge people to live out of the divine institution of marriage, and to disobey reason and the injunctions of the Deity, by holding up before them the bug-bear of over population? Such doctrine is the sheerest nonsense, fit to be promulgated only by the veriest fanatics. The lank, cadaverous countenances and glassy eyes of this class of philosophers, who see horror in every being that comes into the world, is the best of comments on the folly of their teachings.

#### DEGENERATION.

THAT a degeneration of the human race is at present speaking fast going on, there can be no doubt. The habits of dress, the unhealthy fashions, protracted celibacy, prostitution, abortion, masturbation, excessive sexual indulgence, and other evils, which breed insanity, idiocy, consumption and other degenerating diseases, bid fair



to reduce the race of mortals far below the standard which it has held. By these evils the vigor and strength which *should* be in man is in great measure taken from him.

By reference to figures in other parts of this work, showing the beneficial effects of sanitary regulations in all cases where they have been introduced, it will be seen that where people have been brought under the influences of scientific physicians and philanthropists the average duration of human life has been *increased*. But, unfortunately, the numbers of those who *have not* been brought under those influences to the extent of abandonment of bad habits is so large in proportion to those who have, that, notwithstanding the improvements in medical science from the introduction of the vegetable remedies in the last fifty years, and notwithstanding the fact that, from the obliteration of numerous predisposing causes of disease in the country itself (such as pestilential marshes, &c., that always produce many deaths in a *new land*), the *natural* liabilities of disease are decreased—the reports show that the proportion of deaths to the population is about the same now as fifty years ago! As for instance, in the city of New York, the proportion of deaths in 1805 was 1 in 32.98; in 1850, 1 in 33.52; and in 1851 the proportion of deaths was greater—there being in 1850 but 15,377 deaths, while in 1851 there were 19,234, which, allowing a reasonable increase of the population that year, would make the proportion of deaths to the population greater than it was in 1805! That the *natural* predisposing causes to disease are much less than they were fifty years ago, because many of those causes have been removed, there can be no doubt; and that, by the introduction of vegetable remedies, and by the improvements in medical science, the same disease is more generally mastered than it was fifty years back, is also doubtless true. These premises being admitted, (and no one pretends to deny them,) to what can we attribute a continuance of the same ratio of mortality, but to the bad habits that have become prevalent in civilized, refined and fashionable society? There can be no other reasonable *cause* given. It is to the evils growing out of protracted celibacy, (more common now than half a century back,) to bad fashions in dress, turning night into day, indulging in licentious habits generally—and in short, *disobeying the natural laws of health*, which induce a degeneration of the present race and will make the succeeding ones worse and worse—that we must attribute a continuance of the same ratio of deaths as prevailed here at the beginning of the century. Therefore, I say, the race is degenerating; and it will continue to degenerate, in spite of improvements in medical science, and in spite of obliteration of *natural* predisposing causes of disease, until those pernicious habits alluded to, which war continually against science and labor, are abandoned by the universal people and they return to nature and the better habits of their progenitors.

Could we at this day have a people living in the homespun and temperate habits that more generally prevailed half a century back, and bring that people under the influences of the improvements in medicine and destructions in great measure of local causes of disease, we should see, that instead of a ratio of deaths of about 1 in 32 annually, we should not have more than 1 in 50. And this is found to be the case wherever the *modern improvements* and the *olden habits* exist together. But where *improvement* is compelled to war against *new fashions* the contest is and ever must be about equal, if indeed fashion does not obtain the mastery; and the race must continue to degenerate.

This condition of things, when viewed with reference to the health and happiness

of the future generations, calls loudly upon us for a reform and a return to the laws of nature and of God. And be assured, that if reform does not take place, it will be found that the "sins of the fathers are visited upon the children unto the third and fourth generations," as certain as those generations arise; and finally our people become degenerated and pass away, as have the nations of old, for disobedience of the laws of God and nature.

### OLD AND YOUNG SLEEPING TOGETHER.

THE practice of old and young persons sleeping together should never be allowed; as in all cases, it will be found to act injuriously upon the health of the young. It is not an uncommon thing in families to put a young girl to sleep constantly in the same bed with an aged grandmother, aunt, or some relative, or a boy with a grandfather or uncle. The practice is reprehensible. The effect of it is that the young person is often made sick; and, if not that directly, it imparts an unhealthy tone to the system that will be felt sooner or later. A young and healthy person should no more be put to sleep with an old and decaying one than with a diseased person.

It is remarked by acute observers, that where a young person sleeps with an old one, the old is benefited at the expense of the young. So well has this been understood that in many cases wealthy people have hired young persons to sleep with old ones, that the old might be strengthened. In some instances young females have been procured to sleep with old men, so that the latter might be strengthened thereby, as they generally are, though the young suffer a loss by it. Such practices are generally discountenanced now, though it is by no means rare that we hear of a young woman placing herself in this position by marrying an old and broken-down man of seventy or eighty years, for the sake of getting his property!

In many cases where children have slept with old persons their death has been induced thereby in lingering consumption, without the cause being suspected. The explanation of this fact, upon true principles, is easy. It is well known that all living bodies are constantly throwing off a part of their substance through the pores in insensible perspiration. [See article on Offices of the Skin.] The substance so thrown off, is in the same state, with regard to age and health or disease, as the person from which it comes. Also, the body is constantly *absorbing*, by the lungs and through the skin, whatever comes in contact with the body in a form that permits of its being absorbed. Now as the emanations from the bodies of young and healthy people in the form of insensible perspiration are comparatively fresh and wholesome, and those from old and diseased persons are the reverse, it follows, that by an absorption of the healthy emanations from the young by the old, the old will be benefited; and by an absorption of the unhealthy emanations from the old by the young, the young will speedily decay and become likewise old. Also, the old body being deficient in animal electricity, and less warm than the young, receives warmth, new life and energy from the young—conducting away the animal electricity, which gives to the body its vigor and healthy youthful tone. Thus the young person loses an amount of animal electricity necessary for the healthy continuance of existence, in order that the old one may be benefited by absorbing it. Than this nothing can seem more probable and rational. When once explained, the blindest will be able to see the philosophy of the matter.

The practice of hiring young married females to attend at certain places, for a number of hours in a day, to associate with superannuated old men, has obtained to some extent in London and Paris. Not only do these young women associate with aged patients, but also act as wet nurses! This they are in a manner compelled to do to obtain a living. Fortunately for the people of this country we have not yet arrived at that point of poverty where women are compelled to this unnatural and degrading purpose; and it is to be hoped we never may: for when a man has become so aged and superannuated that he cannot be longer kept in life without recourse to such a means, it is better that he should die peacefully than to attempt the elongation of his existence for a few weeks at the expense of the health of a more valuable and useful person.

In all cases where the health of a young person has been injured by sleeping with an old one, it will be found that the system generally has become contaminated with the waste thrown off from the old and decaying body. This being the case, the course to pursue is plain,—take immediate measures to purge the system of the unhealthy matters it has absorbed. This can be effectually accomplished by the Anti-Bilious Pills, operating in the stomach and bowels; the Water Regulator, operating upon the kidneys, to take off impurities through the urine; and the Blood Renovator, which will cleanse, renovate, and renew the blood.

### ART OF EMBALMING—BURIAL GROUNDS.

EMBALMING, a process which consists in filling dead bodies with spices for the purpose of retarding or preventing decay, is of frequent mention in the Scriptures. Though originating with, and best understood by, the Egyptians, when that nation was in its glory, the practice of embalming was not confined to them; for the Jews, Persians, Arabs, and Ethiopians possessed the knowledge of the art. In the New Testament we read that Nicodemus carried myrrh and aloes to embalm the body of Jesus, and to envelop it in linen with aromatics, after the manner of the Jews. The art of successful embalming was long since lost by the Egyptians, and is unknown to any nation of the present day; but by knowledge gained from interesting researches, and by referring to ancient writers, numerous particulars of the various processes may be given.

Diodorus Siculus speaks of three modes of embalming. The first cost the equivalent of about \$1000; the second about \$400; the third a much smaller sum, which is not mentioned. It has been thought that the bodies must have been put into stoves or kept at a warm temperature in convenient vessels, to incorporate intimately the resinous substances with the animal matter. After this, the body was frequently *gilt* over, and sometimes wrapped in sheets of gold.

Among the Egyptians, there was a set of persons who engaged to perform the whole service of embalming for a certain sum. With a sharp stone an incision was made in the left flank of the dead person. This task, as seeming to imply disrespect and cruelty towards the dead, was so hateful and degrading as to oblige the dissector instantly to fly, as if he had committed a crime.

The embalmers then came forward. These men seem to have belonged to a caste hereditary in Egypt, held in high respect, looked upon as sacred, and per-



mitted to have access to the temples and associate with priests. They removed from the body the parts most susceptible of decay, washing the rest with palm wine and filling the inside with myrrh, cinnamon and various sorts of spices. After this, the body was put in salt of nitre for about thirty days.

After swathing the body in fine linen bandages, glued together with a thin but powerful gum, they spread over it the richest perfumes. It was then returned to the hands of the relations, and by them frequently kept in the house in an open case, they not thinking it right that the features of their dead relations should be unknown or forgotten by their own kindred. For the prevalence of this custom at a certain period we have the authority of Diodorus Siculus and of Lucian, the latter of whom mentions having been present when mummies were placed at table as if they had been alive. Generally, however, the bodies were swathed in cloth strongly saturated with asphaltum or a bituminous pitch, placed in the coffin and consigned to the tomb.

The perfection of the embalming may be judged of by the condition of the hair. It has been found measuring two feet four inches; and on the head of a female mummy at Thebes, the hair was found plaited and turned up over the head in three distinct portions. The manner in which the plait was made corresponded exactly with that adopted by females of the present day.

By the side and at the feet of the mummies are often found the emblems of the trade or profession of the deceased, such as the net of the fisherman, the razor and stone to sharpen it of a barber, paints and brushes alongside that of an artist, instruments of surgery by the body of a physician, a bow and arrow by the side of a hunter, a lance by the soldier, and the style and receptacle for ink by the side of the clerk.

Sir John Gardiner Wilkinson, who examined the mummies of Egypt, is of opinion that the embalmers were members of the medical profession, since the knowledge required for that purpose appears to be connected with their peculiar studies; and it is also said by Moses, "The physicians embalmed Jacob."

Belzoni conceived that the balsam employed by the Egyptians in embalming consisted of powdered colocynth, commonly called bitter apple. The mention of aloes in embalming frequently occurs in the Bible, but there is no positive authority of its use by the Egyptians. Besides the record of St. John of myrrh and aloes brought by Nicodemus to preserve the body of Christ, aloes is mentioned as a perfume in other parts of Scripture. "I have prepared my bed with myrrh, aloes and cinnamon."—Prov. vii. 17. "Spikenard and saffron; calamus, with all trees of frankincense; myrrh and aloes, with all the chief spices."—Cantic. iv. 14.

The skull and body of the Egyptian mummy is found to be filled with the dust of woods having an aromatic odor—the brain and the bowels and stomach having been displaced. Attempts numerous, but unsuccessful, have been made in modern times to discover and restore to being in its ancient perfection the art of the olden nations in embalming. Many subjects have at different times undergone processes, but only with a *partial* success. Bodies have been preserved for a few months or years; but there is on record no account of any *lasting* embalment in modern times. Fanjas de St. Fond, in his "Travels through England and Scotland," gives an interesting relation of the method Mr. Sheldon employed to preserve the body of a young lady. The vessels were injected in different parts with alcohol saturated with camphor, mixed with a small proportion of turpentine. The skin was pre-

pared with finely powdered alum, rubbed on with the hand. The intestines and all the internal parts were taken out and covered with a varnish composed of a mixture of camphor and yellow resin, and afterwards rubbed slightly with alum. The viscera were then replaced, and the crural artery injected with a strong solution of camphor in rectified spirit. To imitate the color of the skin of the face, a colored injection was thrown into the carotids. The body was then placed in a case of Virginia cedar, on a layer of calcined chalk, enclosed in another, and not again opened for five years. It was then found perfect, without having experienced any injury from insects.

The French chemists have labored assiduously to discover some method of embalming; and recently one M. Surquet has succeeded in preserving bodies for a time; but *how long* they will keep is not known. This process is as follows:—

"A current of sulphurous acid gas is passed through a solution of carbonate of soda, of the strength of from twenty to twenty-two degrees Baumé (sp. gr. 1.160 to 1.180), until the whole of the carbonic acid is displaced, and the solution contains a slight excess of sulphurous acid. The fluid should then have a specific gravity of 1.200. It is next placed in a vessel containing clippings of zinc, and allowed to remain in contact with the metal until it has become sensibly neutral—the blade of a knife dipped into it not turning brown on exposure to the air. From four to six litres (about a gallon or a gallon and a half) of this preparation are employed to inject a subject. This solution is thrown into the carotid arteries by injection. After twenty-four hours dissection may be proceeded with, and continued without any inconvenience, for twenty, thirty, or even forty days. One of the great advantages arising from the employment of the sulphate of soda consists in the beneficial influence it exerts in cases of the accidents to which the operator is subject in the dissecting-room."

"Another preparation, which will succeed equally well with the above, is the following:—Throw clippings of zinc into muriatic acid until the liquid ceases to effervesce, and will no longer stain a knife blade, and then inject as before.

"Animal matter subjected to the action of either of these preparations will no longer decompose when exposed to the air."

To many of the present day it would appear that the ancient Egyptians took especial pains for the preservation of the dead; and it may seem that in this respect they went beyond reason in their labors and expenditures to this end. But aside from the fact, that only upon the highest classes was the process of embalming practised, it will not appear at all strange, if we will but remember our *own* feelings at the loss of a near friend—a father, mother, husband, brother, sister, or child endeared to us—that they should have felt an earnest desire to preserve in entirety of person the forms of the departed.

The art of preserving the body for any length of time having been lost to modern nations, the civilized now manifest their feelings for the dead by the location of beautiful sites for burying-grounds, and by erecting over the ashes of the departed such monuments or tombs as shall perpetuate their memory. The custom which prevailed a century or half century ago, both in Europe and America, of burying the dead in yards in the very centre of a populous town, from whence the effluvia filled the air, has not only been found to be offensive, but destructive to health. Innumerable cases of disease have been engendered by this cause; and it is with pleasure that the philanthropic physician hears of the passage of laws forbidding the

interment of the dead in the boundaries of populous towns. Within a few minutes' walk of the thick-settled parts of New York Island, there is now a place of public burial known as the "Potter's Field," the which, if burials be continued therein, will, in a very few years, become a prolific source of fevers and other complaints. I speak of this here to suggest that this spot be no longer used for this purpose—that some other place, away from the city, be procured, for the interment of the poor that die among us. And to whatever place this work may go, I would say to the people of that place, see that your burying-grounds do not contaminate the air around you, and generate sickness: see that the dead are buried sufficiently deep to keep any effluvia from decay arising to the surface.

Burying-grounds should be selected in a somewhat secluded place, and should be combined with such natural scenery as will tend to inspire those feelings of solemnity and decorum which should ever surround the place. A spot should be sought never liable to be encroached upon for any purpose, and where the tenants may remain forever undisturbed. In cases where a city has grown up around a burying-ground, it may be well to remove the bodies to a more secluded place. In the careless manner in which burial places have been selected, it often happens that the coffins are dug up to make room for the cellars of houses and for the track of a railroad.

Says a London writer: "When the living body is exposed to putrid emanations in a highly concentrated state, the effects are immediate and deadly; when more diluted, they still taint the system, inducing a morbid condition, which renders it more prone to disease in general, but especially to all forms of epidemic disease, and which further predisposes it to pass into a state verging upon if not actually that of putrefaction. The recent examination of the grave-yards of the metropolis appears to us to show that they contain putrefying matter enough to communicate this putrefying process to those who are exposed to it. \* \* The placing of the dead body in a grave, and covering it with a few feet of earth, does not prevent the gases generated by decomposition, together with the putrescent matters which they hold in suspension, from permeating the surrounding soil, and evaporating into the air above and the water beneath. Under the pressure of only three-fourths of an inch of water, gas rapidly makes its way to the surface through a stratum of sand or gravel several feet in thickness. The evolution of the gases of decomposition takes place with so much force, that they often burst the coffin in which the body is confined—even if a lead one; and when, as in a common grave, they pass without restraint into the surrounding earth, they are only in part absorbed by the soil, but are diffused in every direction, chiefly upward, thus directly polluting the air. These gases will find exit even from the depth of eight or ten feet. I have made several examinations, which showed that the gases were not thoroughly absorbed by the soil. I know church-yards from which most foetid gases are evolved; and gases with similar odor are emitted from the sides of sewers passing in the vicinity of church-yards, although they may be more than thirty feet from them. In old grave-yards, the ground is absolutely saturated with carbonic acid gas, so that when a deep grave is dug, such an amount of it is rapidly collected that the workmen cannot descend without danger. From the law of the diffusion of gases, it may be seen how this death-laden gas will spread through the atmosphere of a whole town, and contaminate, to a greater or less degree, the health of the people."

I may add, that I have passed many burying-grounds from which the odor of de-



caying bodies was perceptible to the sense. In some instances, where a side-hill is used for interments, I have noticed that by repeated washings of rains the grass at the foot of the hill would be killed by the power of the putrescent matter washed down in the soil! Side-hills should never be used for burial purposes. Nor should churches be built over vaults where dead bodies are deposited, as is sometimes done. Disease may be bred in this manner in the congregations.

Of the two modes of interment practiced in this country—graves and tombs—the former is to be preferred. Dangerous gases often escape from tombs, when they are insecurely closed, or when opened to deposit new coffins.

It is gratifying to notice that within the past few years the attention of our people has been directed to the subject of procuring proper places for the burial of the dead, and of keeping those places in a condition worthy a civilized nation. Among these "Mount Auburn," at Cambridge, for Boston; "Greenwood Cemetery," on Long Island, for New York and Brooklyn; and "Laurel Hill," for Philadelphia, are worthy of note, and conspicuous. Besides Greenwood, several other cemeteries, as that of the "Evergreens," and "New York Bay," and the "Cypress Hills," have been laid out in the vicinity of New York. In all these there is prevalent a spirit of beauty, a holy quiet, a refined cultivation, a tasteful adornment, a subdued, appropriate and beautiful natural and artificial embellishment, speaking of respect and love for the departed, such as no man can view without feeling a humanizing influence upon the soul, and being thereby made a better being. Though it may not be possible that every city in a country can vie with the cemeteries mentioned in extent and elegance, there is no place but should pattern thereafter, in a degree, and prepare proper resting places for the ashes of the departed.

That the ancient art of embalming should have been lost to man, seems to have been wisely brought about by the Creator, in order that man should not make of himself an idol to absorb the affections and prevent the mind from a proper contemplation of, and preparation for, death, the judgment and eternity. God claims the whole heart of his every reasonable being; and when man attempts to rob him of that honor by seeking to give immortality to the material body, the Creator strips from him his idols, that he may the more readily turn to the contemplation of the Deity and His wonderful goodness, and trust in Him as the rock of his future existence and salvation.

#### PROSTITUTION—SUPPRESSION OF MAGDALENISM.

Of all the subjects that at the present time can interest the people of this country, and which should receive attention from the fathers and mothers, the brothers and sisters, the husbands and wives of the land, there is none of such vital import, whether considered with regard to health or morality, as that of harlotry.

Of the duties of the people with reference to this subject, and of the importance of early marriage as the great power for its suppression, I have spoken in other parts of this work; but will endeavor, avoiding reiteration as far as possible, to present some new features of the subject in this place.

Of the numbers of abandoned women in large cities, statistics give some information.

In London, in 1821, there were reported to be 90,000 prostitutes, two-thirds of

whom were under twenty years of age! The average duration of the life of these women after entering upon the career of the harlot, is about five years! Paris has probably a still greater number, in proportion to the population, of those who carry on the trade of the courtesan. And what shall be said of the chief city of the United States in this respect?—of moral, religious, enlightened New York? Will it be credited that this city affords a prostitute for every six or seven of its adult male population? And yet, if reports be true, such is the fact! Alas, for the religion and the morality of the place that affords such a demonstration as this of its depravity!

Not less than 100,000 harlots are at work nightly in the cities and large villages of the United States to rend asunder the sweet bond of marriage, to torment with venereal diseases and scrofula the sinful and the innocent alike, and to corrupt the virtue and the blood of the people. Mostly they practice their traffic boldly and without the fear of law before their eyes. They walk the streets with brazen faces, flaunting in silks and jewels, and glorying in their shame.

Prostitution obliterates the sentiment of connubial love from the bosom of the woman; and the indulgence in promiscuous intercourse removes it from the breast of man. The love and esteem the male sex have for the female, aside from the mere animal gratification, has its foundation in great degree in the *virtue* of the woman. The female being greatly dependent upon the male for protection and maintenance, is blind to its own true interest when it suffers prostitution to come into its ranks.

Promiscuous indulgence destroys connubial love and attachment of the wife to the husband, or the husband to the wife. It crushes the purity and sanctity of the marriage covenant, and makes of the household altar a temple for sacrifices to false gods and to deceitful lust.

By harlotry, that most sacred temple of the body, the first house of the immortal soul, is turned into a den of pollution and filth, unfit to bear the image of God. By it the nobleness of woman is cast down; and she, the fairest, loveliest, most useful work of creation, becomes a tenement of sin, disease and death.

Prostitution has also the effect of depriving many virtuous women of husbands and the delights of married life; for often, by attracting to herself several young men, the prostitute keeps them from matrimony and the company of the pure and good. There be *many* men who, so long as they find gratification of the amorous passion beneath the roof of the harlot, will not marry, and solely for that reason. Were no courtesans ready to sell their charms for gold, the young man would seek matrimony and make a good husband, where now often he is a diseased libertine.

A bad effect upon the female sex of thus keeping young men from marriage because they find gratification without marriage, is to induce in many females who will not sell themselves to harlotry the habit of masturbation. And often because they do not see that they are to be married, and feeling the promptings of a natural desire, they resign themselves to the hands of an artful seducer in the moment of passion, and thence often plunge into prostitution itself! And thus is lost to the virtuous world, and to society, many of the best and most lovely of the sex, who, had they found husbands at the proper age, and gratified desire in the holy bed of wedlock, would have been ornaments to their lords and to the world—the adored of loving husbands, the kind mothers of happy children—dutiful, upright, pure in heart and in action, beloved of men and blessed of heaven. And thus does one

harlot indirectly cause the downfall and destruction of thousands of her own sex, independent of the various other evils that follow her deadly steps!

There is another way in which this vice operates most disastrously. If a prostitute seduces a young man to her embrace, and infects him with the poison of her calling, the mind of that young man will be very likely to feel thenceforward not only a hatred of the woman, but he will curse, and despise, and revile the whole sex. The innocent maiden, pure as the snow from heaven, and the abandoned harlot, will be alike the objects of his hatred and scorn. His first impression of women, which was intended to be good, will be a bad one, and he will hate the whole sex through life, and have no respect for female virtue and purity. Often this has been the cause of domestic discord in after life; and when we know of the great numbers of young men thus poisoned, how widely extended and how powerful we may see this influence to be! And a female infected by disease in like manner, feels no less of hatred to the other sex. Often it becomes the object of her life to communicate disease to as many as is possible for her to do!

Prostitution opens the door for jealousy, anger, alienation of affection, crimes of various hues, and often murder. Let a man or woman get venereal disease from the partner of their wedded life, and they will ever disbelieve the honesty and purity of all of the opposite sex, and curse them for their sin. What numbers, all the world over, fall victims of diseases without sin of their own—receiving it from the unfaithful partner of their wedded lives!

The abandoned woman sows the seeds of insanity, consumption and death over the face of the whole earth. She contaminates the blood of the world. Destruction follows upon her footsteps—her flowery paths are filled with hidden thorns; from the cup which she enticingly holds to the lips of the unguarded youth, a thousand envenomed tongues of hideous and poisonous serpents protrude—the more dangerous that the infatuated youth does not behold them with his eyes. He is blinded by the outward show; he gazes upon the outer side of the platter, and sees it washed, cleansed and painted, and thinks not there is foulness and disease within. But he is deceived; for the harlot is like the “sepulchre whited without,” that “within is full of corruption and dead men’s bones.”

Prostitution often takes the loved husband from his wife; it makes the husband miserable; it causes the murder of unborn children; it leaves destitute and motherless many an innocent babe; it obliterates from the bosom of man and woman every vestige of pure love, and leaves unholy lust in its place. The horrors that this curse inflicts upon males and females, can never be known till the judgment of God. The curse of the Lord is upon it, and upon all who lead the life of the prostitute, to visit them with the most loathsome and foul diseases, and send them to an early and miserable tomb.

Of the effects of unlicensed commerce upon child-bearing, carefully prepared statistics show that the number of births where it is practised is comparatively few. That conjugal appropriation is, beyond comparison, the most efficient method for the maintenance and increase of the race, there can be no manner of doubt. The barrenness of whoredom is proverbial. The number of abandoned women whose offspring come to maturity is very small. The curse of God is upon the harlot, “to give her a miscarrying womb and dry breasts”—her “glory flies away like a bird, from the birth, and from the womb, and from the conception;” and “though they



bring forth, yet will I slay even the beloved fruit of their womb," saith the Lord.—Hosea ix.

A French writer says—"On a review of all the returns made to my inquiries, together with what I have found in various ancient and modern books, the conclusion forced upon me has been, that a thousand of these women yield scarcely six births in the course of a year." Were harlotry to universally prevail, the human race would become extinct! And thus would the intents of the Creator be abrogated. Sexual intercourse is necessary to the important end of the multiplication of the species; and with a union of wisdom and kindness, the Author of our being has connected this intercourse with the most exquisite pleasure. Had it been otherwise, it is evident that the race would not have long continued. But it is not less evident that to seek the pleasure merely, without regard to the end intended, is not to follow nature. To do so is an abuse of God's wisdom and kindness, which is criminal, because, as we have shown above, it destroys the end designed of God.

Of the effects of venereal diseases upon the *individual*, I will say nothing further in this place; but that the picture I have previously drawn of its effects upon society generally may not seem to you aggravated, I will quote from a celebrated French writer upon the subject. He says:

"Of all the contagious distempers which affect mankind, and which work the largest amount of detriment to his social existence, there is no one more serious, more dangerous, more to be dreaded, than syphilis. I may affirm, without fear of contradiction, that the calamities of which it is the source, surpass the ravages of all the plagues which from time to time have spread consternation through society. It does not, it is true, like many other diseases, take off its victims suddenly; but notwithstanding that, the number of those victims is immense. By the debility which it induces, it incapacitates for the production of a vigorous progeny; and, where it does not occasion sterility, gives birth to an unfortunate and degenerate race, unfit for the due discharge of any functions, whether civil or military, and which becomes an absolute burden on the community. And, finally, in our modern society, there is no security against assaults, even to the purest innocence. How many hired nurses, how many faithful wives, how many sucklings, are from year to year the subjects of its cruel invasions!" The effect of the diseases of harlotry may be seen at the Anatomical Museum in this city.

In leading men on to the commission of other crimes, harlotry has a powerful influence. Who does not hear of the robberies and the murders beneath the roofs of the harlots? And besides, how many a young man is led astray from the paths of virtue, and then induced to rob his employer to obtain the means of his foolish indulgence! Often he becomes the victim of his folly; his speculations are discovered; his character is lost; he abandons himself to vice and misery, and finds early disease and death. How many young men are thus led astray! Now, as in the days of Solomon, the harlot "lieth in wait as for a prey; and increaseth the transgressors among men."—"Now she is without, now in the streets, and lieth in wait at every corner."—"Her lips drop as a honeycomb, and her mouth is smoother than oil; but her end is bitter as wormwood, sharp as a two-edged sword; her feet go down to death; her steps take hold on hell; lest thou shouldst ponder the path of her life, her ways are moveable, that thou canst not know them." Harken unto the wisdom of Solomon—"Remove thy way far from her; come not nigh the door of her house." But in spite of the warning of heaven—how many of the inexperienced,

the thoughtless, the unsuspecting, the reckless, light-hearted and gay are led astray and corrupted forever!

Such are a few, and only a few, of the causes of harlotry. To bring them all before you would require an entire volume; and hoping that I have presented a sufficiency of proof here and elsewhere in this work to deter many who shall read from indulging therein, both of males and females, I will proceed to a consideration of some causes of this monster vice.

In other parts of this work, I have explicitly pointed out to the reader as a great cause of protracted celibacy, the evil of prostitution, which abounds among us, with all its following effects, such as venereal diseases, scrofula, hereditary disease, consumption, and others, which millions of our young men and women contract before marriage, and often carry with them through life and into the grave. Many men by putting off marriage to a late age, become so steeped in disease in houses of prostitution, that they are not fit to marry, for their children will be partakers of the punishment in hereditary diseases and mental infirmities. And I have shown that were early marriages made general, Magdalenism would receive a terrible blow. To every parent I would submit this question,—Shall early marriages be encouraged, and a lawful, healthy intercourse of the sexes allowed, which nature, reason, and revelation sanctions, or shall indulgence be had through the diseased, polluting, contaminating, and baneful channel of unlawful and ungodly harlotry? This should be carefully considered; for, rest assured, one or the other of these will prevail, according as it is encouraged. That this delaying of marriage to a late day, leads many into the ways of illicit crime, of both sexes, there cannot be the shadow of a doubt.—[See Early Marriages and Longevity.]

Speaking of early marriage, a little work, entitled "The Friend of Chastity," says: "That it is not good for man to be alone, is among the earliest announcements of God to man. Marriage is not only honorable but necessary. That ancient institution is among the very greatest earthly blessings.

"The effect of setting marriage at naught, is to throw ourselves back upon all the licentiousness against which it was so wisely designed and so well adapted to guard us. And in just so far as it is set at naught, in just so far will evil prevail.

"The Roman priests and the Shakers reject marriage altogether. Among both, solitary vice is said greatly to prevail. But all this is just what might have been expected. When man sets at naught a divine arrangement, made expressly for his benefit, he always has, and always will, make full proof of his folly. Established celibacy ever will, as it ever has, result in unchastity.

"But not only life-long celibacy, but also the delaying of marriage too long, has the same general tendency. Early marriages, as they promise greater felicity, also more securely guard against unchastity. As a general rule, no matter how early matrimony is sought after eighteen in the woman and twenty-one in the man. And when matrimony shall be considered a duty as well as a privilege, and early marriages shall be sufficiently encouraged, prostitution and other forms of unchastity will have received a great check."

Another great cause of prostitution is clearly and certainly traceable to the poverty of the party embarking upon that life, or of some one or more dependent upon her for support. As this was most clearly set forth in the article of "Effects of Wealth on Disease," it will be unnecessary to add further proofs here. However bad the courtesan may be, it is my belief, that those who make and administer our

laws, and whose business it is to attend to matters concerning the public good, will be held more guilty in the judgment day than many a courtesan who walks the streets, and who embarked upon her vile career through a necessity for support of herself or some infirm and helpless relative—perhaps an orphan sister or brother. Where there is little or no protection offered to a poor and helpless female against the oppressions of wealth and power in the hands of avaricious and soulless men, it is not at all to be wondered at that many a woman falls into the paths of the prostitute through the wants of nature—through the want of properly paid labor for her hands or head. Where no protection is rendered by government to labor—where capital sways, and the system of cheapening wages even down below the living point, prevails (as it now does in many countries), poor people will often be *compelled* into crime—the forlorn and destitute orphan will often feel obliged to make traffic of her virtue to purchase the bread she shall eat and the garments she shall wear. What a shame to any nation.

Protection to labor, and different laws, would give different results, and thousands of females would be every year saved from an entrance into the hells of pollution. Let us have a society where the hands of the willing should find employment and just reward, and the unmoneyed millions would rejoice. They would be well clothed, well fed, well educated, well conditioned in life, and there would be among us much less of sin, of misery, and of prostitution, than we now see around us on every side. The worst of all states of society is that where the poor are obliged to work for nothing, or next to nothing, or sell their virtue to live; and the worst of all legislation is that which does not strive to make provision against these evils to the universal millions. Such a state of things is disgraceful to any nation. Health, wealth, happiness, virtue, religion, and every comfort of the mind and body among the people, is more or less dependent upon the amount and the remuneration of labor; and government should give encouragements to industry, as the great means for the "greatest good of the greatest number." When it fails in this, it has failed in the right discharge of its most important function. But these two, though prominent causes of harlotry, are by no means the only ones. Frequently the woman is the victim of the wiles of the unprincipled and heartless seducer, who, having robbed her of the brightest jewel of her life, deserts her, and leaves her helpless in the world, with scarcely any other resort than that offered by the procuress. The childhood of the female is unsuspecting of the wiles of the devil, and of the intrigues and deceptions of man. Her natural character is pure and noble; but, by listening to the voice of the tempter, she falls into sin, and is lost to honor forever. There be thousands of females in the ranks of the courtesans who were led to that path only by the greatest cunning and duplicity, and after years of patient and devilish labor on the part of some fiend, who sought their seduction and their ruin to gratify his unholy lust. Their confidence had first to be gained, their love earned, their sympathy obtained, and marriage promised, before the woman yielded herself to the embrace of the libertine. Fair speeches—fair arguments—professions of affection—kind offices—soft glances—gradual approaches—rides—attentions to parties and the theatre, and not unfrequently drugged drinks, are among the means employed by seducers to entrap their victims. Who can wonder these means prove so successful when the young, loving lady has not learned to distinguish between true and false love, and to distrust appearances of men. Woman is confiding in love, even to a fault, in all professions of honesty, sincerity, or



affected love; and truly hath it been said that Love is blind, and cannot see the faults of the deceiver. In this way have thousands been led to ruin, and repented when it was too late.

But the victims of seduction are by no means the only sufferers in these cases. As a pebble cast into the sea raises a ripple that extends over a large surface on every side, so does a seduction cast a saddening influence around it on every hand. A dagger is pierced through the soul of parents—a dreadful pang is felt in their loving bosoms. In anguish of heart they exclaim, "O my daughter! my ruined daughter! would to God thou hadst never seen the light, or had died upon thy mother's knee! For then we might have been gathered to our fathers in peace, but now must our 'gray hairs be brought down in sorrow to the grave.'"

"Saw ye not the bitter wo,  
Such as parents only know,  
When the boon most prized below,  
Is forever gone?  
Pangs like these have thousands felt,  
When in anguish they have knelt;  
Tears have flowed o'er shame and guilt,  
But have flowed in vain!"

And brothers and sisters, and friends and relatives generally, feel a pang when a female falls, and is dishonored. And a virtuous community will feel the shock, and its eyes will be turned with pity and sorrow upon the miserable victim. The seduction does not end with the single instance in all cases; for often the seduced one becomes in turn a seducer; and when the charm of female influence is prostituted to the seductive art, it leads many a young man to destruction; for truly hath the courtesan "cast down many wounded; yea, many strong men have been slain by her."—Prov. vii. 26.

But though it be true that woman is thus sometimes led astray, and ruined after a long and cunning siege of her virtue, it is not less true that many fall through their OWN DESIRE, and many more with very little coaxing. Every woman is the guardian of her own virtue—the keeper of her own virginity; and if she resolutely wills not to yield her person unless in marriage, she *can* preserve herself, except force, or drugs, to stupify her sense, be used. Woman should not allow herself to fall into *temptation*; she should guard against every approach of the devil; she should not gaze upon the serpent till she is fascinated beyond her power to recover; she should not play with edged tools.

With woman lies the *choice* to give, or not to give, to man, the gratification of his desire. Often she is not less anxious than man for participation in the sweets of unlawful love, though restrained by the fear of consequences; and if she yield through this influence, she is as blameworthy as the man. If her passion be wrought upon by the cunning of the seducer, she falls; but it is her business (and the business of her parents) to see that she be not thus wrought upon. She *need* not allow those liberties of her person that rouse the passion to an ungovernable fierceness, if she *will* not. The squeezing of the hand, the clasping of the waist, the pressing of the lips—all these she may keep away from her, as thousands do, by a single word, or a look even: and if she do not do this, she cannot be acquitted of blame. It is too true, that hundreds of young women have been lost, because, like the foolish child, they played with the burning brand.

In almost all cases, the woman well knows that the power of choice in this matter is with *her*, and not with the man; and man knows this, too. Woman knows she can tantalize man into an almost uncontrollable passion, and still be master of her virtue. All the arts and powers of man cannot triumph over the virtue of woman, if she resolve to keep it to herself, and to avoid temptation. But if she thrust her hand in the fire, it may be burned. Well does the female know that the charms with which she has been gifted by nature, and learned by art, give her an almost irresistible power over the other sex. Her rosy cheeks, her soft curls, her delicate foot, her sweet smiles, her pretty ankles, her loving words, her studied airs, her tantalizing dresses, are all so many snares to wind about the will of man, and bring him to her feet in admiration, and to excite passion in his bosom. And then, if she *chooses* to indulge with him in crime, she may do so; if not, she can repulse him. Man may brave the enemy at the mouth of the cannon; but before the blandishments of the woman who has excited his love he falls powerless, and she may lead him whithersoever she will. Therefore, we may say, that the *actions* of the woman are in many cases the cause of her seduction, and the means whereby the dens of pollution are recruited with new victims.

Besides these four mentioned, *protracted celibacy, poverty, studied seduction, and unsought consent*, which may be called the more *direct* causes of Magdalenism, there are numerous *indirect* causes, of which I cannot undertake to treat so particularly in a work of this character. My object in speaking upon the subject at all is, so far as in me lies, to arouse attention to the matter on the part of those who read; and, by pointing out the causes and the fruits of this great evil, to save many from pollution and disease.

Of what we will call the *indirect* causes of Magdalenism, there may be mentioned, hereditary licentious tendencies, bad education, ignorance of the final effects of indulgence, bad influences brought to bear upon youth, stimulating the amorous passion by gluttony in exciting foods and drinks, habits of idleness, bad books, pictures, conversations and actions before the young; tight lacing, by which the blood is made to settle in too large quantities in the inferior abdominal region; want of parental care, want of employment, pride in dress and desire for display; inconsiderate and ill-assorted marriages; intemperance, harshness and unkind treatment of parents or other relations; the rewards held out to vice, and the small encouragements to virtue in modern society. These, and numerous other fostering causes, operate to fill the dens of prostitution in our midst. And all these it should be the duty of parents, guardians, teachers, ministers and public instructors to guard and warn the young against, lest they fall into temptation and are lost to virtue.

And in addition to the labors of men individually, it should be the duty of the legislature to enact such laws as should best prevent women from embarking in this business. It should see that the willing and the able have employment and proper pay, as I have before set forth. And another important point is, that it should guard against the desertions of females by their seducers, by making every unmarried male and female who are known to have cohabited together (that is, in every case of *seduction*, properly,) man and wife in the eye of the law; and subject to all the duties and the liabilities of man and wife, with no right to marry or cohabit with another, and with the same obligations for support as if united by the minister or the judge. This would be not only justice, but in accordance with the teaching of that great expounder of the Christian religion, St. Paul, who conveys to

us in the words—"Know ye not that he which is joined to a harlot is one body? for two shall be one flesh"—1 Cor. vi. 16,—the doctrine that where cohabitation takes place, there is true marriage in the sight of heaven. To whomsoever a woman *first* yieldeth her person, to him is she truly married. Her organs of generation are impressed with an electrical touch from that man, which endures through life; his spirit is imparted to hers; his form is engraven upon her soul; and the probabilities are that from whoever she have children afterwards, those children will be more likely to resemble the man with whom she first had connection than the father himself; especially where the first cohabitation is an illicit and unlawful one; for it is these that make the strongest impression upon the mind, and through that upon the genital organs. As bearing upon this point, and showing the effect of the *imagination* upon the fœtus, it is related in a work entitled "Outlines of the Veterinary Art," that Lord Morton, of England, bred colts from a male "quagga" and a chestnut mare. The mare was afterwards bred from by a black Arabian horse; but still the progeny exhibited, in color and mane, a striking resemblance to the quagga! A sow of the black and white kind, was bred from by a boar of the wild breed, of a deep chestnut color: the pigs produced by this intercourse were duly mixed, the color of the boar being in some very predominant. The sow was afterwards bred from by two other boars, and in both instances chestnut marks were prevalent in the progeny! but previous to the cohabitation with the chestnut boar, the young of the sow had never exhibited these marks. These facts show the impression left upon the mind of the mother by the person having intercourse with her, and thence transmitted to and made manifest in the child: and this occurs not less in the human race than among animals; and no less influences the mental than the physical being. The man who first impresses the genital organs of a woman in the embrace of love, thereafter remains dear to her. His remembrance is ever in her mind—he fills her imagination, and her imagination often decides the character of the child.

And this is one strong argument in favor of early marriage; since with those who are married in early life, there is less probability that sexual impressions had taken place with another person before marriage, than in those cases where marriage is delayed. Indeed, early marriage, made in love, is the sovereign antidote for the ills of prostitution; and without this is brought about in some way or other, harlotry will never be subdued.

And I will go a step further, and say that in every case where it can be satisfactorily proved that an unmarried man has cohabited with a harlot, the two should in the eye of the law be *man and wife*! If a man would not like this law, he would not be *obliged* to incur its penalty. If his passion is so strong that he cannot command it, let him marry. "It is better to marry than to burn."—St. Paul. But if he will indulge with the harlot, and thereby encourage and aid in keeping alive prostitution, and aid also in keeping in being an unlawful and ungodly institution, that every year spreads disease and death among the people, he should suffer a penalty therefor, no less than the man who poisons his neighbors by keeping an intolerable nuisance in his house. The law does not recognize the right of any man to keep a nuisance in his own house which breeds disease among his neighbors; neither should it recognize the right of a man to indulge in that which breeds death among the people in any other way. God instituted a road through which the amorous passion may be indulged without injury; and man has no right to go



astray from that path and aid in keeping disease alive, any more than he has a right to burn down his house and turn his wife and children into the street homeless. He is not allowed to do this last, because he brings a burden upon *other people*. And so also does he bring a burden upon other people when he seeks the roof of the harlot. Were a law of this kind enforced, young men would rarely be found in the embrace of the courtesan; they would be afraid of the *consequences*; they would not want a harlot to wife; nor would they like the reputation of being divorced from one; and thus the foul trade would be without customers, and the business might die out, if in connection with such a law, another was enforced which severely punished every married man who could be found to have had carnal intercourse with the abandoned woman.

In connection with the subject of unlicensed commerce, I must notice an argument in common vogue among many men of influence in society, to wit—that harlotry is a “necessary evil”—that the existence of this class of females is necessary to the preservation of the general virtue of the community—and that without this ungodly traffic in flesh, there would be little security for the chastity of our wives and daughters from the wild passions of a lawless libertinism! This argument, though nothing can be more fallacious, is made a great handle of. And, indeed, if we are to encourage the folly of modern philosophers, that people shall not marry till ten or fifteen years after puberty, and then not cohabit in matrimony more than once a year, this argument may be sound! The one has its foundation upon the other! And, as I have before said, if celibacy is protracted, harlotry must and will thrive! And this is the point for our consideration; for if marriage were instituted at the proper age, this “lawless libertinism” of which people speak would relapse into proper desire, and no man’s daughter or wife would be in so much danger from its workings as now, when prostitution exists; for the more a man indulges with the abandoned woman, the more does he become bold and daring to attack the virtuous; but copulation in marriage breeds no such presumption, since it does not show man that he can trifle with the other sex: in the one case he is taught to believe the sex all vulnerable; in the other he comes to have respect for female virtue. It is notorious that those men who indulge in licentious pursuits have little faith in the purity of females generally; therefore, they are emboldened to attack those who are virtuous; but he who keeps himself to his own wife has confidence in the honor of woman, and therefore, presumes not to attack her virtue.

But aside from this conclusive answer to the plea of *necessity* of harlotry, I may ask, with Rev. Dr. Wardlaw, “What special title have the wives and daughters of those who employ this plea to the protection of *their* virtue more than *other* wives and daughters? Why are theirs to be protected at the expense of others, and not the others at the expense of theirs? Who, in the community, are to be the victims—the vice-doomed safeguards of the virtue of the rest—the wretched safety valves of unprincipled and unbridled passions? Are we to have a decimation by lot of the virginity of the country?—or is some inferior class to be sacrificed to the demon of lust for the benefit of those above them? Is vice essential to the preservation of virtue? That were indeed a hard necessity. Where is the individual, male or female, and in what rank soever of society—whom I am not to dissuade from vice?—whom it would be wrong so to dissuade?—the successful dissuasion of whom would be an injury to the public?—by prevailing with whom to give up her evil course, I should incur the responsibility of one who shuts a high-pressure safety valve?—

where the individual whose body and soul I am bound to leave to death and perdition, lest perchance some others should come to be exposed to temptation?" That harlotry has always existed, is a melancholy truth; that it must always continue to exist, is the affirmation, made with all the coolness of indifference, of the reasoners in question. Such affirmation is worthy only of the days when women were regarded merely as the instruments for the gratification of the licentious passions of men. It is in opposition to the enlightened progress of the age which has come to regard the female as in many respects the superior of the male, and to see that upon her virtue is dependent in great degree the character, the civilization, the christianization, the health, the virtue, the purity, and the welfare of future generations. In respect to licentiousness, the example of the past is no more to sanction the future, than is the barbarism of the dark ages to be the guide for our governance in morality, in science, or in religion. Our motto should be, godly progress, to lead us to a higher and more noble state of civilization.

If it be the fact that we have among us a class of women now virtuous so far as *action* is concerned, but whose virtue is propped up by the prostitution of others, it shows that such are at *heart* no better than the prostitute, and that under the first temptation to sin they will be likely to fall. Harlotry will never save such wives and daughters!—on the contrary, they will be by it tempted to sin! But it is *not* true that the virtue of any woman is thus sustained; though man may assert it, that thereby he may persuade legislators to give tolerance to courtesans that he may gratify his lust, every virtuous woman in the land will deny the impeachment: for every woman knows that she is the keeper of the virgin safe, and that no man can unlock and plunder it without her consent.

But if prostitution is to be allowed, we should at least learn wisdom from the cities of Europe, and so proceed as to prevent it while the harlot is diseased. This the health of the people imperatively demands. What can be more devilish than for a diseased harlot to sting and burn with the venom of death a score of males? or for a man to poison as many healthy females? A most rigorous punishment should be inflicted upon every person, male or female, who, knowing himself or herself infected with venereal poison, should cohabit with another person. If we adopt measures to prevent the spread of cholera, the typhus fever, or the small-pox, why not also venereal diseases? Certainly, greater care should be taken in this last; for its victims are as an hundred to one of either of the other complaints mentioned, and it is far more baneful in its final effects. Let it be kept within bounds and within doors; let there be a thorough medical inspection of every one who follows the trade, to prevent disease, and a costly charge be put upon it, and I incline to the opinion that the interest of the pocket would study economy in early marriage; and happy wives and husbands, health to man and woman, and to offspring, would be the glorious results.

"Pleasant words are as an honey-comb, sweet to the soul, and health to the bones."—Prov  
xvi. 24.

### GOOD NURSES—CHEERFUL COMPANY.

THE importance of proper nurses in cases of sickness is a matter that receives but a trifling consideration, and is often thought as of but little account, even by many physicians. Frequently it is considered that if the patient take the medicines prescribed, that is all that can be done. But this is far from being correct. There are thousands of cases every year where a good nurse is of not less importance than a skillful physician; indeed, there are many cases, as any candid physician will tell you, where a good nurse is of the *first* importance; cases, in which, no matter how many doctors there might be, the patient would never recover without the most attentive and careful nursing.

In some diseases, and particularly in certain stages of a disease, medicine is of very little use, and often worse than useless, unless changed to suit the nature of the case. In these cases, all the assistance nature requires is care and attention to the patient by a competent and proper nurse—one who will watch the invalid and the disease, and bestow such offices at proper times as will aid nature. No physician has practiced much without encountering cases where, by reason of the patient not having a good nurse—one who would carefully follow his directions and take care of the patient—in spite of his skill and his medicines the patient has died. No experienced practitioner will feel easy in a critical case of sickness, if he care for either the life of his patient or for his own reputation, unless there be a good nurse in attendance.

In many cases of sickness, where the mind is seriously affected, where the patient is melancholy, or nervous, or easily disturbed and injured by the slightest shock, a careless nurse, who pays little attention to the sick one, will perhaps talk too much, or too little; or will say what ought not to be said, or not say what it would be well to say. In melancholy, a nurse who can act the part of a cheerful companion, may do much for the recovery of the patient's health. In other cases, a person given to conversation is better away, so that the sick one may not be disturbed. No individual conversant with the incidents of a sick room, but has noticed cases in which a patient would speedily improve under the care of one person, while he would not gain a whit with another. Who has not seen the excellent effect often produced upon an invalid by the kind attentions of a loved wife or husband, or an affectionate mother? Often but for the attention of these or some other kind and loved friend, many an invalid would have surely died.

I speak particularly of this subject, hoping that it will engage attention; knowing, as I do, that it is a matter of great importance in many instances, and one not to be forgotten or disregarded in any.

In this connection I will introduce some remarks of Dr. Hollick, touching the effects of good nurses and proper *mental* treatment in many cases where females are affected by the diseases peculiar to them, and by the sympathetic effects of their organization—the results of reciprocal action of the genital organs and the nervous system. He says:—"It is often the case, that a female suffering from indisposition is not benefited at all by *medical* treatment, but through some pleasing impression



on the *mind* or *feelings* is relieved immediately. I have often seen females completely prostrated, with scarcely energy or ability enough to breathe, who have been restored almost instantaneously by a word of hope, an expression of sympathy, or a little kind and pleasing attention, especially if it was from some wished-for but unexpected quarter. In such cases, uninformed people are apt to suppose that there had been no real indisposition at all, because the improvement was so rapid, and without *medicine*. A proper understanding of the subject, however, would show them that these apparent caprices are as real as any other forms of disease, and that *moral* or *mental* medicine may be as active as drugs, and often much more beneficial. In short, if the nervous system is kept in a constant state of irritation, and the feelings and sympathies are habitually outraged, it is often impossible to do much good in female indisposition. The conduct of those around the patient is of more consequence than the physician's prescription, by far; and may, according to its propriety or impropriety, either accelerate or impede the cure. There are many men who habitually act in such a way towards their female companions, as to both cause them suffering and prevent its removal, and that, too, without either desiring or intending to do so. They do not act from unkind motives, but their ignorance prevents them from seeing the consequences of their conduct; conceiving females to be like themselves, and knowing that they can shake off the vapors, as they call them, and that *their* nervous systems are not easily irritated, they cannot feel a proper charity towards their sensitive companions. Females, on the other hand, feeling that they are not understood, nor their condition properly appreciated, and having no one to repose confidence in that they think can appreciate them, are apt to become morose, and retiring within themselves conceal their suffering and disquiet from every one."

Upon the subject of nurses, the Sanitary Report of Massachusetts, has the following:—"Let a physician be ever so skillful, and prescribe his remedies with ever so much care and sagacity, if the nurse does not follow his directions, or if she neglects her duty, or performs it unskillfully, or imperfectly, or with an improper disposition, the remedies will be unsuccessful, and the patient will suffer and perhaps life is lost as the consequence. On the other hand, let a physician of moderate capacity prescribe with ordinary skill, if his orders are carried into execution by a nurse who understands, loves and conscientiously discharges her duty, the patient is relieved, and life is preserved as the consequence. It is thus that bad nursing often defeats the intention of the best medical advice, and good nursing often supplies the defects of bad advice. Nursing often does more to cure disease than the physician himself; and in the prevention of disease and in the promotion of health, it is of equal and even of greater importance. Many and many a life which might have been saved, has been lost in the hands of quack nurses."

#### HOW TO GAIN THE AFFECTIONS OF THE OPPOSITE SEX.

THE attention and the admiration of an individual of the opposite sex may be gained in various ways; and love may be and is often engendered where none is felt by the opposite party. But all this is accomplished by playing upon some passion or passions of the individual whose love is desired and whose hand is to be won. Thus some are obtained by playing upon the desire for wealth or high sta-

tion in society; others through their pride, by flattery of their persons; others through their kindness, by exciting their benevolent feelings; others through their natural amative passions, by exciting the desire of sexual love; others by showing one's self to possess, or by pretending to possess, kindred sympathies and feelings—kindred emotions of head and heart—kindred likes and dislikes—kindred tastes and sentiments. To win the affections, therefore, we should learn the *character* of the individual whose love is sought. That being known, success is to be obtained by bringing the batteries to bear properly upon the prominent traits of that character.

True love arises from a principle of *sympathy*—from a *oneness* of feeling—from a *similarity* in some points of character, although other points may be very dissimilar, —from showing that you possess something which the other admires. Acting upon this you may *induce* in another love for you, and *cement* the affections upon you.

Upon this subject, I give you the phrenological teachings of O. S. Fowler, who says:—

"If approbateness predominate, and causality be moderate, you may *flatter*, and if the brain be rather small, put it on *thickly*. Praise their dress, features, appearance on particular occasions, and any and everything they take pride in. Take much *notice* of them, and keep continually saying something to tickle their vanity; for this organization will bear all the 'soft soap' you can administer. When you have gained this organ, you have got the 'bell-sheep,' which all the other faculties will blindly follow on the run. But if approbateness be only full or large, with reason and morality quite as large or larger, and the head of a good size and well developed, 'soft-soap' will not take, but will only sicken; for reason will soon penetrate your motive, and morality will reverse the other faculties against you, and destroy all chance of gaining the affections. See to it that you really esteem those with this organization—esteem them not for their dress, beauty, manners, &c., but for their moral purity, their elevated sentiments, their fine feelings, and their intellectual attainments. As they estimate themselves and others, not by a standard of wealth, beauty, dress, &c., but by a moral and intellectual standard, so your showing them that you really esteem those qualities which they prize so highly, will cause them to perceive that your tastes harmonize with theirs, and thus turn their leading organs in your favor, and unite and endear them to you.

"If benevolence predominate in the person, show yourself kind, not to the individual alone, nor in little matters of modern politeness, but as an habitual feeling of your soul, always gushing forth spontaneously at the call of want or suffering, and ready to make personal sacrifices to do good. Be philanthropic, and show yourself deeply interested in the welfare of your fellow-men. This will gratify his or her benevolence, and bring it over in your behalf, which will draw the other faculties along with it.

"To one who has large intellectual organs, do not talk fashionable nonsense, or words without ideas—chit-chat, or *small-talk*—I mean the polite *tête-a-tête* of fashionable young people; but converse intellectually upon sensible subjects; evince good sense and sound judgment in all you say and do; present *ideas* and exhibit *intellect*. This will gratify their intellects, and lay a deep intellectual basis for mutual love, as well as go far towards exciting it.

"If the person be pious and devout, be religious yourself, and your religious feel-

ings will strike a chord that will thrill through her whole soul, kindling an irresistible flame of mutual love.

"If the individual be a timid damsel, do not frighten her; for this will drive away every vestige of lurking affection, and turn her faculties *against* you; but be gentle and soothing, and offer her all the *protection* in your power, causing her to feel safe under your wing, and *she* will hover under it, and love you devoutly for the *care* you bestow upon her.

"If ideality be large, show refinement and good taste, and avoid all grossness and improper allusions; for nothing will more effectually array her against you than either impropriety or vulgarity, or even inelegance. Descant on the exquisite and sentimental, on poetry and oratory, and expatiate on the beauties of nature and art, and especially of natural scenery. If order be also large, see to it that your person be neat, apparel nice, and every trace of the slovenly removed.

"But, since it is the *affections*, mainly, that you wish to enlist, show yourself affectionate and tender. As like begets like, whatever faculty is lively in you will be excited in them; therefore, your friendship and love, as they beam forth from your eyes, soften your countenance, burn on your lips, escape through the soft and tender tones of your voice, light up your countenance with the smile of love, or impress the kiss of affection, imbue your whole soul, and are embodied in every look, word and action, will as surely find a way to their hearts as the river to the ocean, and kindle in them a reciprocity of love. By these and other similar applications of this principle, the disengaged affections of almost any one can be secured, especially if the organs of both be similar; for the command thus obtained over the feelings, will, and even judgment, is almost unlimited."

In all ages of the world there have existed numberless condiments, drugs and charms, through the use of which it was believed that love and affection might be won. Old crones in almost all ages have possessed some little bag, or some particular herb, or thing to be worn about the neck, or over the heart, through the mysterious influence of which the wearer would soon be blessed with the heart of his adored, and enjoy the sweetness of her charms. Some tribes of the American Indians have also possessed the knowledge of some remarkable herbs provided by the Great Spirit, as they say, which is prepared by them to incite love in the hearts of the timid and bashful, and enable the warrior to win the favors of his dusky charmer of the woods. The decoction of these herbs is rubbed upon the hands, or infused into the clothes of the person, and the odor therefrom is supposed to excite the feeling of love in the bosom of the desired object. This wonderful article was long kept a secret by the "Medicine Men" of the Indian tribes, but through an uncle residing among the Oneidas, located a little west of Utica, in New York state, the author obtained from a celebrated doctor among them, a knowledge of this curious vegetable preparation, as prepared by the Indian physician; it is represented to be perfectly harmless. I have long been acquainted with this article; but speak of it only as a matter of curiosity, as one among many other curious things for similar purpose.



## PROCREATION OF THE SEXES AT WILL.

THIS has always been a fruitful theme of discussion for physicians, physiologists and people generally; and theories almost numberless have been advanced. That the matter will be eventually understood is highly probable; for the difference in the sexes must be owing to some one or more physical laws; and that these, in the march of science, will, sooner or later, be discovered, is by no means improbable.

The old ideas upon this subject were utterly unfounded, and as absurd and foolish as they were incorrect. The theories based upon lying upon this or that side, or that which had reference to the time of day, were worthy only of the consideration that would be bestowed upon an old whim.

Upon this subject Dr. Hollick has remarked:

"The fact appears to be that the sex is determined by the joint action of several distinct causes, the principal of which, at least, are known, so that the great majority of children can be made of whichever sex is desired, providing the following suggestions are attended to. This assertion is not based upon theory alone, but upon certain observations, and also upon a long series of experiments with animals.

"It has been found by actual observation of some thousands of cases, that the *oldest* parent most frequently imparts the sex, unless the age be so great as to verge upon decrepitude. When the fathers are younger than the mothers, there will be born about 90 boys to 100 girls, and very nearly the same when they are of equal age. When the fathers are from one to six years older than the mothers, there will be 103 boys to 100 girls, and when the fathers are from nine to eighteen years the oldest, 140 boys to 100 girls; but if they be more than eighteen years older, the boys will be 200 to 100 girls.

"In the same way just in proportion as the mothers are the oldest, the number of girls will predominate, till when they are from eighteen to twenty years older than the man, there will be *twice as many* girls as boys.

"It may, of course, happen that this rule may not hold good in many single families that may be noticed, but it will always do so when the average is taken of a large number. In every case where the father is over eighteen years older than the mother, it is *two chances to one* that the child will be a boy, and in 300 such births there would be 200 males to 100 females; while if the mother be so much the elder, the chances and results will be just the same the other way.

"The relative age, therefore, has a most potent influence over the sexual formation; but still there are evidently other agencies, because it does not operate in every individual case. My impression is, that where the elder parent does *not* impart the sex, it is owing to the younger being much the more vigorous. This shows why it is that the greater age is no advantage beyond a certain period. Thus, if the father be *fifty*, while the mother is under *thirty-five*, the rule will change, and the number of girls will predominate. The greater number of *first* children are boys, especially if born soon after marriage, owing to the father being naturally most powerful then. In illegitimate children there are most girls, probably because in many of these cases, the female is more vigorous than ordinary. In those countries where polygamy predominates, or where the men have several wives, there are many more girls born than boys, owing, no doubt, to the male power being

weakened by excess, and expended on so many, which causes the female power to preponderate. For this reason, polygamy must always continue itself, because the number of females will continue to be greater than the number of males; and if there were no foreign admixture to take place, a nation would probably become extinct, in time, under such an institution.

"The production of either sex is, to a very great extent, within our own power, providing we can fulfil the principal of the above indications. If a boy is desired, the father should be older than the mother, say at least five years, and conception should not be allowed to take place during the first five days after the monthly period. The relative warmth of the temperament should also be regulated, so that the female do not preponderate, especially at the time of conception, and during the first two or three weeks afterwards. If a girl be desired, the opposite conditions should exist; and in every case where the age is not appropriate, the other particulars must be the more scrupulously attended to."

I may remark that though in most cases success will attend the observance of these rules alone, there are several other hints and suggestions upon the subject that apply only to individuals, depending upon certain matters upon which no rule to be followed by every one can be laid down. One of these has reference to the comparative warmth of temperament or animal electric life of the parties, which may be increased or diminished in either sex, and which is matter for medical consultation and skill. Under proper treatment, the most impulsive may be in a degree subdued, or the most indifferent made to experience the desired warmth of feeling. Where nature has inclined to a preponderance of one sex, by medical skill the influence of nature may be overcome, and the preponderance reversed. As persons are married without knowing upon which side the preponderance of vigor exists, if it be found upon the *undesirable* side, they must have recourse to skillful medical aid, in order to change the preponderance at the right periods.

These rules for the propagation of the sexes at will, are well understood by many intelligent breeders of animals, who will undertake to propagate any proportion of either sex, by having regard to age, vigor, and frequency of association of the parents.

In France an experiment was made in reference to the matter of sex with two flocks of sheep, in the following manner. When the greater number of females was desired, very young rams were put to the flock of ewes, while to the flock from which male lambs were mostly wanted, were put strong and vigorous rams of four or five years old. The following was the result of the experiment.

#### FLOCK FOR FEMALE LAMBS.

<i>Age of the Mothers.</i>	<i>Sex of the Lambs.</i>	
	Males.	Females.
Two years,     -   -   -   -   -	14	26
Three years,   -   -   -   -   -	16	29
Four years,     -   -   -   -   -	5	21
Five years and older,   -   -   .   -	18	8
Total,         -   -   -   -	53	84

There were three twin births in this flock. Two rams served it; one fifteen months, the other nearly two years old.

## FLOCK FOR MALE LAMBS.

<i>Age of the Mothers.</i>	<i>Sex of the Lambs.</i>	
	Males.	Females
Two years, - - - - -	7	3
Three years, - - - - -	15	14
Four years, - - - - -	33	14
Five years and older, - - - - -	25	24
Total, - - - - -	80	55

There were no twin births in this flock. Two strong rams, one four, the other five years old, served it.

It will be observed, that in this table the *general rule* previously laid down holds good. Could all the various known influences be brought to bear, there is but little doubt that in the vast majority of cases, the sex of the offspring might be determined before its birth, and the wish of the parents in this respect be gratified. In many cases, as where property is concerned, it might be worthy of consideration.

## ADVICE TO PREGNANT LADIES.

UPON the woman who bears in her womb another being, soon to be ushered into life, there rests a great responsibility. After conception, the foetus remains in the womb for nine months; and during this period, every lady who is expecting to become a mother, owes it not to herself alone, but to her unborn babe, that she should be circumspect in all things, physical and mental, and preserve in health and strength her system, and keep also the mental being in healthful tone.

The development of the foetus within the womb, is as much a function of the mother as is her digestion, or her breath, or the circulation of her blood, and is as much influenced by moral causes and emotions. A mother is a mother as actually while the child is in the womb as when born. Her cares and responsibilities for it are no less during the whole period of gestation than after birth; and if she is responsible for its life after birth, she is equally responsible for it before.

An emotion of fright, or joy, or grief, will often destroy the appetite, stop the digestion, and suppress the circulation of the blood, so that fainting will ensue; and these emotions also influence the foetal development, as is conclusively shown in the article on Impressions on the Foetus. There can be no doubt that the bodily condition and the temperament of the human being is in a great measure determined before its birth. And here it should be borne in mind, that the child is formed entirely from the mother's blood, and is, therefore, dependent upon that blood for its future well-being. If that blood be diseased in any way, or be imperfect, the child must be diseased and imperfect also. The necessity, therefore, of the mother to keep her blood pure, rich, and healthy, is obvious and apparent; and to guard against every thing which shall disturb or disease it is her duty, and should be her joy. And it should be recollected, that it is not bodily disease *only* that can affect and change the quality of the blood, but that this may be done by certain states of the mind and



feelings, and thus the child be injured. It is a fact well known to the physician, that the state of the blood may be very much affected by the mind, through the emotions experienced. In grief, or when laboring under despondency, the blood becomes thin and watery, and circulates sluggishly. Anger makes the blood rush quick and fast through the veins, and changes its very composition; but in joy, the circulation is brisk and healthful, the nutrition perfect, and the blood rich and pure. In fever, the blood becomes so changed, that when drawn from the system it will soon putrefy; and it is rendered nearly the same by a violent fit of rage. Therefore, when we remember how sensitive females generally are during the months of pregnancy, and how often they meet with causes to disturb and annoy them, it cannot but be seen that the offspring is much under the moral influence of the mother. When the female is pregnant with a female child, a fact for the deepest contemplation is presented to the philosopher; for there are *three* generations being nourished by the same blood at the same moment—the mother herself, the child in the womb, and within the last the rudiments of the ovaries from which other children may be formed. So that, indeed, not one only, but two generations, may be said to be under the influence of the pregnant woman! A violent emotion of the mind may, consequently, have its effect upon both child and grandchildren.

Many diseases of the womb are induced often by anger, by grief, by hatred, by jealousy, or by fear; and miscarriages not unfrequently occur from the same causes. And from this also we may conclude that the *fœtus* is affected by those emotions. It has been observed that in revolutions and civil wars, where the women were brought under the effect of the baneful emotions which such a state of things excited, miscarriages were much more frequent than in times of peace, and more idiotic and insane children were born.

From these, and from many other facts which have been presented in other parts of this work, every pregnant woman will at once comprehend the absolute necessity, if she has any regard for the welfare of her unborn babe, to conduct herself most circumspectly in all things; to guard well her health, by proper food, proper dress, proper habits, proper exercise, and due equanimity of temper. She should avoid all occasions of undue excitement; she should follow the advice I have laid down under the head of Impressions on the *Fœtus*; and endeavor to so conduct herself in all things, as to secure the greatest good to the child that shall be born to her.

Dr. Charles Caldwell, an able and philanthropic physician, urgently enforces rational care during the period of gestation, on the part of every mother who values the future health and happiness of her progeny. Among other things, he insists on the necessity of mothers taking more exercise in the open air than they do; and cautions them against allowing a feeling of false delicacy to keep them confined in their rooms for weeks or months. "For the same reason," says Combe, "the mind ought to be kept from gloom or anxiety, and in that state of cheerful activity which results from the proper exercise of the moral and social feelings and intellect. But if seclusion and depression be hurtful to the unborn progeny, thoughtless dissipation, late hours, dancing, waltzing, and rough exercise on horseback, irritability of temper, and peevishness of disposition, are not less injurious. Hence, the Margravine of Anspach most justly remarks, 'that when a female is likely to become a mother, she ought to be doubly careful of her temper, and, in particular, to indulge no ideas that are not cheerful, and no sentiments that are not kind. Such is the connection between the mind and body, that the features of the face are moulded commonly in-

to an expression of the internal disposition; and is it not natural to think that an infant, before it is born, may be affected by the temper of its mother?"

I would add here, that it is the duty of woman, in obedience to the command of God, *to bear children*. When pregnancy has taken place, never interfere with the course of nature, unless in a case where malformation or disease has rendered it certain that death will be caused by parturition: in such cases, where it is the life of the wife and the mother on one side, and the life of the unborn on the other, the lesser evil may be justified in the sight of God and man. But as I have before observed, the true course in a matter of this nature, is to take the proper steps to prevent conception, as previously pointed out; and thus there will be no occasion to choose between the life of the woman and the life of the unborn child.

Hear the language of God—Gen. iii. 16—"Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children," &c. The inspired Paul, a devout expounder of God's Word and Law, saith: "Notwithstanding, she shall be saved in child-bearing, if they continue in faith, and charity, and holiness, with sobriety."—1 Tim. ii. 15. Rachel chose death rather than to be deprived of children. "And when Rachel saw that she bare Jacob no children, Rachel envied her sister; and said unto Jacob, Give me children, or else I die."—Gen. xxx. 1. Hear the exhortation of David: "He maketh the barren woman to keep house, and to be a joyful mother of children. Praise ye the Lord."—Psa. cxiii. 9. Again, hear the language of David, expressing his delight in children as the future strength and power of a nation's glory, and the pleasure of God: "Lo, children are an heritage of the Lord, and the fruit of the womb his reward. As arrows are in the hands of a mighty man, so are children of the youth. Happy is the man that hath his quiver full of them; they shall not be ashamed, but they shall speak with the enemies in the gate."—Psa. cxxvii. 3, 4, 5.

If there is a time in the whole life of a female when she bears her Christian cross, and can lift up her whole soul to God in thankful praise, it is when she has been safely delivered of a child. If there is ever a time when angels gather about to protect her, and make all heaven echo with their joyful and harmonious lyres, it is then. God rejoices at his new-created heritage; and angels rejoice; mother, father, and friends rejoice; and heaven and earth rejoice together in harmonious praise.

### FOOD FOR PREGNANT AND NURSING MOTHERS.

As a means whereby the pains of labor in child-bearing may be greatly lessened, I would offer a few remarks in this place, which may, if attended to, be of benefit to pregnant ladies.

From experiments that have been made, some chemists have reasonably concluded that the bulk of the bones of the fœtus, and the degree of their solidity or hardness, depends, in great degree, upon the calcareous matter in the food of the mother during the period of pregnancy. If this be true (and experiments and observations seem to establish it as a truth), it is obvious that the pains of child-bearing might be greatly lessened by the woman taking care to eat, during gestation, mostly of those kinds of food which will retard fœtal ossification, whereby the child, at the time of birth, will be rendered more elastic and yielding in its body, an

escape through the pelvic strait with much greater celerity and ease. And that there is philosophy and truth in this we may infer from the fact, that in some parts of the world, the females are comparatively free from the great pains endured among women in civilization, in child-birth, and that only two reasons for this fact can be given—the one, exercise and labor, to strengthen the system of the mother; the other, the nature of her food. In many tribes, the usual period of all the matters connected with delivery is not more than fifteen minutes. Formerly, it was supposed that this must be mainly owing to the physical structure, and the climate; but these ideas have been exploded—the latter by observing that the females of the North American Indians have as easy delivery as those of the Central and South American; and the former by the fact that has been given us by Professor Lawrence—"that the pelvis is rather *smaller* in these dark-colored races than in the European and other white people!" To what then is the difference owing? I say, to food and habits. And both these may be so regulated as to make child-bearing comparatively easy to what it now is.

A female in London made an experiment upon this point, to assuage the pangs of parturition. She had previously endured agony in child-birth. Though seven months advanced in pregnancy, she commenced eating oranges and apples, at first lightly, and increasing the quantity. Her food consisted chiefly of fresh animal flesh, green vegetables, roasted apples, sago, milk, some potatoes, and a very *little* bread and butter; *no pastries*. When she began this course, her legs and feet were swelled and painful, and the veins large and full. In six weeks all these had subsided, and she was as active and light as previous to her pregnancy. She was perfectly well up to the night of her delivery; at twelve o'clock a physician was sent for, and at one he had left the room, the lady having been easily and safely delivered.

Dr. Bostwick records a case of "a lady who had given birth to four children, and who suffered from the two first and the fourth all the dangers and difficulties usually attending parturition, while the third was born with the greatest ease. It was quite fresh in the memories of her friends that from an early period, and during the whole time of gestation of the third child, she was excessively fond of oranges, limes, and lemons, which she took in such abundance that she required but very little other food. Her desire for these fruits was so very great that although the husband remonstrated, and friends advised her to leave them off, lest she should injure herself, she continued to live almost entirely upon them. To her own and her friends' surprise, however, she gave birth to a fine child, with so much ease and safety, that notwithstanding the supposed impropriety of so doing, she was able to resume her ordinary duties in a few days afterwards. During her first, second, and fourth periods of gestation, she lived in the ordinary way."

These facts go to show that if, during pregnancy, the lady live chiefly upon those kinds of food which retard ossification of the bones of the fetus, she may lessen her pains and dangers in delivery! The more of ripe fruits they eat, and the less of other kinds of food, but more especially bread stuffs and the like, the less difficulty will they experience.

In order that females may take advantage of this rule, to their own benefit, the following table of foods, with the proportion of calcareous matter in each, is appended. They can select according to their own desires and appetites.



25,000 lbs. of apples, pears, plums, cherries, strawberries, gooseberries, raspberries, cranberries, blackberries, mulberries, bilberries, elderberries, currants of all kinds, melons, olives, peaches, apricots, pine apples, nectarines, tamarinds, pomegranates, prunes, raisins, figs, lemons, limes, oranges, grapes, etc., contain of calcareous matter . . . . .	1 lb.
Eggs of all kinds, average . . . . .	2 lbs
Turnips, carrots, onions, radishes, cress, celery, leeks, spinach, lettuce, parsley, cucumbers, rhubarb, mushrooms, vegetable marrows, and herbs and flowers generally, average . . . . .	2 "
Cabbage, savoy, broccoli, artichokes, asparagus, cauliflowers, and greens in general, average . . . . .	6 "
Cheese . . . . .	10 "
Milk, from . . . . .	10 to 20 "
Beet root, parsnips, and mangel-wurtzel . . . . .	14 "
Linseed . . . . .	17 "
Fish of all kinds, including shell-fish and turtle . . . . .	18 "
Rice, arrow-root, tapioca, and sago . . . . .	20 "
Lamb, veal, and young animals generally, average . . . . .	15 "
Beef, mutton, pork, and the flesh of animals and fowls, in the adult state, generally average . . . . .	26 "
Barley . . . . .	65 "
Peas . . . . .	85 "
Potatoes . . . . .	90 "
Rice . . . . .	100 "
Oats . . . . .	118 "
Rye . . . . .	140 "
Kidney beans . . . . .	150 "
Fresh garden beans . . . . .	183 "
Dried field beans . . . . .	206 "
Wheat flour . . . . .	220 to 300 "
Peppers, cinnamon, nutmegs, cloves, ginger, coffee, cocoa, bark, sarsaparilla, etc., average . . . . .	300 "
Indian corn . . . . .	360 "
Common table salt . . . . .	500 "

The ladies will perceive, by this table, that they have a large and abundant field from which to select foods, without going into that part where the greater amount of earthy matter is presented. It might be well to advise to go no lower in the above table than to potatoes, except a very little of the article of bread, and to eat very sparingly of potatoes, peas, etc. Fish, flesh and fowl, *fresh*, may be eaten. Avoid salt foods, and all sorts of spices. By following these rules with reference to food, and by taking such exercise as shall keep the system strong and vigorous, and elastic, I am convinced that the labors and dangers of parturition may be materially lessened.

*Food during Nursing.*—The subject of what should be ate and what should not be ate during nursing, is one that has occasioned much talk, and given rise to a great deal of folly. The remarks made under the head of "Dietetic Nonsense by the Volume" may be applied in this place with force. In general, the rule should be (after the sickness incident to parturition is over), to let the mother consult her

own appetite and desire, governed by her knowledge of the good or ill effects of this or that kind of food upon her system.

When the woman is nursing, she has to make more blood than when not, as it is from this that the milk is secreted. And she should eat those nutritious articles which will make a good, rich blood; for good milk cannot be secreted except from good blood; and good blood cannot be obtained from slops, gruels and crackers, nor from vegetable substances alone, after the Grahamite teaching. The nursing mother should have a due mixture of good, rich animal food, fresh vegetables, fish, fowl, fruits, cooked or raw; in short, anything which did not disagree with her before conception. If her appetite asks for beef, let her have beef; or if it be pork, or mutton, or fish, or chicken, or peach, or apple, or grape, or preserve, or pickle; or, in short, any article that *other people* are eating, let the nursing mother be gratified with it. The idea that a woman while nursing must abandon the instinct of her appetite, and give up those articles of food which were previously good for her, is an absurd folly. A woman while suckling is by no means forsaken by the laws of nature. In short, we may say that the appetite should be consulted and followed just so far as it was consulted and followed before conception; and what was found to be best before, will be found to be best after.

Of course this is not to apply while the woman is sick, any more than it would apply to a man sick with fever; nor should it apply to those articles which are known not to digest well in the stomach of the person; nor should the mother eat or drink to *excess*. But in these two latter points, what is correct after parturition was correct before also.

Of course there will be particular cases in which a particular class of food may be desirable; but such will occur no oftener than if the woman be not nursing. There be times when the stomach of the nursing mother is out of proper order; and so, also, is that of the woman who has no child, and of the man. In such cases particular classes of food may be desirable; but these matters do not hinge themselves upon the fact that the woman is giving nurse. I may say, then, that the nursing mother may eat and drink what her condition asks for by her appetite, the same as any other person would do. And this will be found the best advice that can be given upon the matter of diet.

I may add to the above, that the clothing of the nursing mother should be agreeable to her *feelings*; no more nor no less on account of nursing. The breasts should be kept easy and free—and not covered up with flannel to keep them warmer than *comfortable*; for to do so is to create fever and inflammation, make the breasts hard, and spoil the milk. Keep the entire person clean by the necessary ablutions; take exercise daily; have a sufficiency of good air, and plenty of sleep; and keep the mind in a calm, contented, and joyful state. Do not consider nursing an infliction, and your child a nuisance, and both yourself and offspring will enjoy good health and be prospered.

Do not allow your child to nurse *too often*.

The milk of the mother, when drawn from the breast *often*, is constantly thin, and affords very little nourishment to the child. Therefore, it is essential to healthy nutrition that the intervals of suckling be as great as possible without injury to mother or child; and when the infant is placed at the breast, it should be allowed to remain until it draws away all that will come freely, for the last is invariably the richest and best.

Particularly should every woman, while nursing, keep command of her temper, and not allow any violent emotions to take possession of her mind; for from this have often arisen disastrous effects to the infant. What has been said in reference to the matter of the emotions of the mother affecting the child before birth, may be applied here, by observing that during the periods of nursing, the child is not *directly* affected, but that *its food* is subject in great degree to the mental emotions of the mother, and through that the child may be injured. Says a writer, "There is greater variation in the quality of the mother's milk, than in that of any animal. This is the case not only with different persons, but with the same person under different circumstances. These irregularities are attributable to diet, to the state of the physical health, and often to the influence of the mental emotions, which, as they happen to be unfavorably affected, produce a change in the milk which may seriously injure the health of the child, and have been known to prove fatal." Dr. Von Ammon, of Saxony, records an instance of a woman whose husband was attacked by a soldier, with his sword; she first trembled with fear, then suddenly threw herself furiously upon the soldier, and wrested the sabre from his hand. Soon after, and while laboring under this excitement, she gave her child nurse. In a few minutes, it stopped nursing, became restless, panted, and expired on its mother's bosom.

Other instances of the extraordinary effects produced in this manner might be adduced here, were it necessary to establish the fact. But the truth of the matter is too well understood by all scientific medical men to make further illustration necessary. That the child is often thus injured, there is not the least doubt, although cases of sudden death being caused may be rare. Generally the effects are of such character and of such power that they are not observed at the time; but, though not observed, they are none the less injurious.

I shall trust that every mother, and every woman who expects to be a mother, who may read what is here written, will remember it, ponder it, and be governed wisely to secure the safety and health of her offspring.

Pregnant ladies of delicate constitution, and weak blood and thin habits of person, would find in the Blood Renovator an excellent medium to enrich the blood and strengthen the system. It should be taken occasionally for some months before parturition. The German Ointment should also be bathed upon the abdomen, to strengthen and relax the muscles and parts, to make delivery more easy, expeditious, and safe.

#### DEVELOPMENT OF THE FÆTUS.

It is not till about from the seventh to the twelfth day after conception has taken place that any indication exists in the uterus of a new being. Generally about the eighth day there is a mucilaginous film, and from thence to the fifteenth day is formed a grayish, semi-transparent vesicle, about the size of a pea, containing a thick fluid, which is now termed the embryo, the weight of which is about one grain. A small white thread may be sometimes seen as early as the fifteenth day, being the commencement of the brain and spinal marrow. Its appearance is represented at figure 1 in the accompanying full page cut of fœtuses. The mouth is visible also from the fifteenth to the twentieth day; and often the eyes appear. At twenty-five days the embryo is the size of a large ant, and weighing three or four grains.





No. 49.—FETUSES, FROM FIFTEEN DAYS TO NINE MONTHS

*The first month* the fœtus is of the size of a bee, weighing about ten grains. It resembles a small worm bent together. The arms appear like two warts. The head is as large as all the rest of the body, and distinctly shows two black dots for the eyes, and a line for the mouth. A representation is given at figure 2, on the full page engraving.

*The second month*, the weight is about one drachm, the length one inch. The general form of the human being is developed. The upper members have appeared; the fingers are united together like the toes of a frog; and in the ribs, clavicles, and jaw-bones, ossification has commenced. The rudiments of the first teeth may be seen. The representation at figure 3 is of the fœtus at forty-five days; at 4, at the end of two months, suspended in the placenta or after-birth, and floating in the liquor-amnii, as seen from 1 to 4.

*The third month*, the length of the fœtus is four or five inches, the weight about two ounces and a half. The heart is developed and beats forcibly, and in the larger vessels red blood is seen. The eyelids have become visible previously, and also the external ear. The eyelids are distinct, but closed; the lips perfect, but drawn together; the fingers and toes may be seen, and the muscles begin to appear; the organs of generation are quite prominent; and from the form of the head, dorsal spine, thorax and abdomen, the sex may be determined. Cut 5 shows the fœtus at three months, detached from the placenta and womb.

*The fourth month* development has increased largely. The fœtus weighs seven or eight ounces, and measures six or seven inches. Ossification has taken place in a great part of the extent of the bones: the rudiments of the second set of teeth are visible under the first. The intestines are closed in, and the muscles become distinct. At this point the womb has become so enlarged that it cannot remain in the lower part of the pelvis, but rises up into the abdomen, where there is more room. This is what is known as *quickening*. Sometimes this change takes place gradually, and is not noticed, but often it is done suddenly, and produces disturbance of the internal organs until they become accustomed to the change. Cut 6 on the full plate shows the fœtus at four months.

*At five months* the weight is fifteen or sixteen ounces, and the length eight or ten inches. Every part has increased in size, and approached towards perfection. The lungs have enlarged, and to a certain extent are capable of being dilated: the situation of the nails can be discerned. In the period from the third to the fifth month is formed the umbilical cord. Cut 7 represents the fœtus at the end of five months.

*At the sixth month* is seen the first development of hair: the nails are marked: a little fat is formed. Weight one and a half to two pounds; length about 12 inches.

*At seven months* the length is about fourteen inches; the weight about three pounds. The bones are tolerably firm, and the nails formed, and the hair perfect. Figure 8 represents the fœtus at the end of seven months.

*At eight months* the weight is from 3 to 5 pounds, the length 16 inches, and a development so perfect as to be almost capable of performing the functions of independent existence. At the *ninth month* the head has considerable firmness, ossification is more complete, all the organs ready for action, while the length of the fœtus is about 20 inches, and the average weight about 7 pounds. The child is now born—the crown of woman's bliss—the true effect of wedded love is accomplished—*human offspring!*

Figure 9 on the full page engraving represents the foetus at the end of nine months—the period for birth to take place.



No. 50.—FŒTUS IN THE WOMB.

"Thy wife shall be as a fruitful vine by the sides of thine house; thy children like olive plants round about thy table."—Ps. cxxviii. 3.



No. 51.—TWINS IN THE WOMB.

"I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully."—1 TIM. v. 14.

In cases of twins, the child will usually be found some smaller than where there has been a single foetus in the womb, the average being five pounds twelve ounces; but here, also, there is great difference in size; instances not being rare where twins weigh nine pounds each at birth, and in some cases as much as eleven or twelve pounds. A case recently came under my cognizance where a pair of twins weighed together twenty-two pounds! Neither of them lived. In instances of triplets, or more, the children will generally be found lighter than in single births; though in the aggregate weighing much more. A woman in Connecticut, some six years ago, gave birth to four children at a time, which averaged seven and a half pounds, making a total of *thirty pounds*! The mother and one child died: three of the children lived.





No. 52.—FOUR IN THE WOMB.

"As many arrows are in the hands of a mighty man, so are children of the youth: happy is the man that hath his quiver full of them; they shall not be ashamed," etc.—Ps. CXXVII. 4, 5.

lacking in vitality when so small, and when very large encountering such pressure at birth as to induce its death.

In cases of twins, triplets, or a larger number of children in the womb at one time, (as see accompanying engravings,) the growth of each is the same as in cases of the single fetus only, though they are not usually so large as where there is but one. Each fetus is distinct in itself—has its own placenta, and seems in every way disconnected from its fellow, except in those remarkable cases of the Siamese twins and instances of like character.

Cases of twins are of very common occurrence; triplets are by no means rare, and in remote instances four and even five children have been born at one birth.

The average weight of children at birth, as noticed in a large number of cases, is 7.06 lbs. for males, 6.42 lbs. for females. But there is very great diversity in size; in some cases the child will be found to weigh not over three pounds; in others its weight will be twelve pounds; and extraordinary instances are recorded where the weight was fourteen, and even up to *eighteen* pounds! Such instances are, however, exceedingly rare; and, in almost all cases where the child is either very small or exceedingly large, it will not live; being generally

#### PERIOD OF GESTATION.

THE usual period of gestation, (carrying the child in the womb) as derived from extended observation by medical statisticians, is found to be forty weeks, or 280 days. Ladies generally count nine solar months, which is a little short of 280 days. The difficulty of determining from which particular act of cohabitation conception took place, and still more, the impossibility of knowing on what day the semen of the male impregnated the ovum of the female, (as this *may not* occur for some days after copulation,) renders certainty upon the length of gestation, to a day, quite out of the question, in any case. But, by close observation, and taking a great number of cases, it may be ascertained to within a brief period, when conception has occurred, and from thence, the *average duration* of gestation may be drawn. But upon this point, as upon all others connected with the subject

of generation, it will be found that there is no *fixed period* for parturition to take place. It may occur before the expiration of 280 days; it may not happen till after that period. There have been undoubted instances where gestation has been prolonged to 300 days. The law of France fixes 300 days as the period after the death or absence of the husband wherein the child shall be considered legitimate. In Scotland, the term is ten months. In one case, in this country, a child born 311 days after the decease of the husband, was decided by the court to be legitimate; but physiologists would be dubious upon the legitimacy of the infant in a case so elongated as this. On the other hand, children are often born *before* the expiration of the 280 days. Seven and eight months children, that live, are by no means uncommon. And there have been recorded cases of children born at even so short a period as twenty-four weeks after conception, which lived—the child itself, from the formation and ossification it presented, giving evidence that it had not been any longer than that in the womb. A church court in England decided a child legitimate born twenty-seven weeks after marriage. In cases of this kind, the child itself is the best evidence; the appearance which it presents showing to the *medical* man generally very near its fetal age. And there are so many instances recorded, and well-attested cases, where children have been born at a much less time after conception than nine months, that no woman should be accused or suspected of wrong from the time of the birth of the child after marriage merely. It is exceedingly unjust to do so; and that spirit which induces people to talk harshly of a lady from the single fact that her first child comes into the world seven or eight months after marriage, is illiberal, unjust and unchristian. From the mortification that many sensitive ladies, entirely innocent of evil, experience, and the mental anguish they endure, from such unthoughtful remarks as the ignorant upon these points are too prone to make, it is to be hoped that men and women will better inform themselves upon this subject, and from a knowledge be induced to abstain from unjust conversation and condemnation.

### PREVENTION OF PREGNANCY

THE subject of the prevention of pregnancy is one which has excited much attention in all ages, and various theories for that object have been advanced, and numerous nostrums have been put forward for this purpose, the which, by reason of the obscurity in which the subject of impregnation is involved, have never been of avail, unless they were of such a powerful character as to be dangerous to the life of the woman. Of the expediency of preventing conception in certain cases I have elsewhere treated; this has always been apparent; but until the introduction of the French Male Safe and Prevention Powder, the object could never be with safety and certainty accomplished.

The philosophy of impregnation, although much investigated, is still in a measure wrapped in obscurity. Many theories upon the subject have been advanced, but were unsatisfactory; and one after another has fallen to the ground. The most rational, and the one which at present prevails, is, that the semen of the male, being filled with animalcules, one of these, finding its way to the womb, there comes in contact with and impregnates an egg discharged into the womb from the ovaria through the fallopian tube. Proceeding upon this theory, some physiologists have

undertaken to show that the egg is discharged into the womb at the period of menstruation; that it remains there only for a certain length of time (as they say from *one to seventeen* days); that it is then discharged from the womb through the vagina, and that only while the egg is in the womb can conception take place. This may be so, and it may not; it is yet to be proved by experiment. But admitting it, how are we to know with certainty that the egg comes into the womb at the period of menstruation, and how is the woman to know when it is expelled from the womb?—for without certainty upon these points, it will be obvious that copulation cannot be had at any time without liability to conception. Those who have advocated this theory, have had the shrewdness to extend the period of the egg remaining in the womb over a considerable number of days—it may remain, say they, *seventeen* days. And if it may remain *seventeen* days, who among them shall say that it may not remain *twenty-seven* days, during any time of which conception may follow copulation? In truth, not the first argument has been advanced to show that it may, or that it does not, in many instances, remain till another egg is discharged from the ovaria. And until this is done, it is evident, there is no safety in trusting to such theories. Could the exact time of the entrance and the expulsion of the egg be ascertained by the female, she might know at what periods connection without liability of conception might be had; but this point of knowledge has not yet been reached, and cannot be known by symptoms, either by the female or the physician. In some females the menses occur as often as once in two weeks: these would be always liable to conception. In others they are very irregular, and they might have brought the egg into the womb before it was suspected. And in all, as they do not know when the egg is expelled from the womb, it is obvious that *whenever* copulation takes place without guarding against pregnancy by some artificial mode, there is liability to conceive.

These facts are advanced for the purpose of showing to those who, by reason of some deformity or disease, cannot bear children without danger to life or destruction of health, the liability to conception if they trust to *theories* upon this subject. The only safety is to be found in the use of the articles I have mentioned. These will prevent at all times; they are ever infallible, safe, do no injury, and may be used at any time. All other things will be found fallacious, and all *theories* will lead to trouble, if confidence is placed in them.

In my opinion, it would be found, if the truth of the matter could be ascertained, that impregnation could take place at *any time*. But it is well known that in almost all cases, the day, or even week, and sometimes the month in which impregnation takes place, is not known even to the lady herself! How then is she to know when it may or may not occur? In fact, there is nothing to be known about it:—the time when it may occur, the time when it does occur, in almost all cases, are involved in obscurity and uncertainty; and there are thousands of ladies who have had from one to ten or a dozen children, and who did not suspect themselves to be in the family way in any instance except from the cessation of the menses; and even this sign is sometimes so fallacious that they have believed the suppression of the courses to be attributable to cold caught from wetting the feet, or some other exposure; and experienced physicians are often in fault to determine whether a lady is *eniente* or not till three or four months after conception



## IMPRESSIONS ON THE UNBORN CHILD.

"Matter and spirit toiled within one yoke—  
Were they disjoined, the law of God were broke.

THIS subject, considered in a medical view, as well as in relation to the mental character of offspring, is one of the most interesting and important kind; one which has always excited attention, but still remains shrouded in mystery in reference to the principle upon which certain events noticed are brought about, as also of the manner in which supposed causes in given instances are brought to bear upon the physical or mental characteristics of offspring. Of the *fact* itself, there can be no doubt: the *modus operandi* has not yet been discovered.

These impressions result in several ways, or are the results of several and distinct causes. Of them, I propose to give you some specimens, coupling therewith the opinions of learned medical men as they occur in the relations. Of the *theories* that have been advanced upon this subject, that of Haller ascribes the effect to a permanent impression made by the semen of the male on the genitals, and more particularly on the ova, of the female; another is suggested by M'Gillivray, who ascribes it to an influence exerted by the *fœtus* in utero on the constitution of the mother; a third is that entertained by Sir Everard Home and others, that it is an affair of the imagination. It may be proper to remark, that so far as we may be able to judge from observations made there are some cases in which the imagination only has produced an effect upon the offspring; in others the imagination has nothing whatever to do with it—the effect resulting from one or the other of the two causes first mentioned.

But though we may not always know the cause, we should not be blind to the effect; for it will be seen that often upon the matter of prior sexual intercourse, or through the imagination of the mother, the character and physical constitution of offspring may depend. The testimony on these extraordinary subjects, grows every day stronger against the sin of ill-assorted marriages—made often upon a basis of wealth or morbid passion, rather than upon a kindred sentiment of souls, which is the essence of true love. And those trafficking parents who hesitate not to make merchandise of their daughters for filthy lucre—selling them to the embrace of some wealthy sensualist to wife—may see, while contemplating these matters, the expediency of lifting their eyes above the money of a suitor, and look well to see if he has not become a blood-poisoned libertine. If they do not, they may have cause, as have thousands of others, to repent their folly in sackcloth and ashes.

Impressions on the mind of the mother, especially those received through the senses, often produce a palpable effect on the offspring. This opinion is one of very ancient prevalence, and may be traced back so far that its rise can hardly be attributed to the speculations of philosophers, and it is difficult to account for its origin, unless it be ascribed to the observation of occurrences.

Combe relates a case of idiocy of a child whose parents had three intelligent children, and who could give no other cause for the idiocy of that one than that some months before its birth the mother saw an idiot boy at her house, who made a strong impression on her, and who complained at the time that she could not get his appearance out of her mind. Dr. Mason Good, speaking of deaf and dumb

children, says it is often observed that when once this defect has made an entrance into a family, often half of the after progeny, and in some instances the whole, will be deaf and dumb also; and no reason could be given but the effect produced by the first on the mind of the mother. He relates a case of nine deaf and dumb children in succession, and another of ten.

The effects produced upon the brain of the animal, by impression, to determine the color and character of the offspring, are well known to breeders. The account in the Bible of Laban and the peeled rods laid before the cattle to produce spotted calves, furnishes an example. An instance is recorded where the color of a pale gray horse was objected to, by the owner of a mare who took her to get with foal. The groom placed before the eyes of the male, another female of very particular but pleasing colors, asserting that the latter would determine the complexion of the offspring; and it *did so*. The same experiment was tried in the case of a second female, and the colt was so exactly like the first that they could scarcely be distinguished apart, although their spots were very uncommon.

In the raising of dogs, this point receives much attention. The Spitalfields weavers assert that they can insure almost to a certainty, in the Marlborough breed of spaniels, which flourishes among them, any given quantity of color, length of coat and texture of it, and regulate its disposition to curl or remain straight. The Hereford ox is bred to a white face, or a half white face; and the length of horns can be ensured to an inch. The color of the game-cock is arbitrarily imposed by the handler and feeder; and the experienced pigeon-fancier can breed to a feather. And it should not be lost sight of that mental as well as personal qualities are also cultivated, so to speak, by impressions made upon the minds of parents.

An interesting question has arisen, as to whether, when a female, either of the human or animal, has conceived by one male, after sexual intercourse with another would cause the offspring to resemble the second partner. From observations of experiments made upon animals, it has been shown that in many instances, the second partner really imparted his likeness to the offspring begotten by the first! Dr. Hollick says:—"In one instance I knew a widow who secretly married in about three months after the death of her husband, and while, as it appeared afterwards, she was pregnant by him. The child, however, resembled her *second husband*, though there was almost a certainty that no previous infidelity had been practiced, because the individual was at a distance when the conception must have occurred!"

It is most generally supposed, that the influence of the male upon offspring is confined solely to the one conception which is the result of the intercourse: but this, as I have elsewhere remarked, has been found not to be true in all instances. In many cases, either by electrical impression of the female genital organs, or by impression upon the imagination of the woman, or by influence exerted by the *fœtus* while in the womb, the male may, by a single act of copulation, have an influence upon children born afterwards, begotten by another person! This fact has been *proved* by experiments on animals; and we should remember, that what is true with animals in these matters, is true likewise with human beings. I have advanced this as one strong argument in favor of *early marriage*: it being clear to every one that the sooner a female is married, the *less liable* will she be to have been impressed in this manner by copulation with another person. Men, therefore, who would have children *wholly* their own, and would be certain about the matter, might not find it

amiss to bear this fact in their minds. Not that I would convey the idea that every woman not married young has been thus previously impressed; by no means: I have too high an opinion of the sex in general to entertain such a view; but, when we know that instances are continually occurring of women being seduced and deserted, it cannot but be seen that the longer a woman lives unmarried, the more liable is she to be tampered with by some villain of the other sex.

I will again quote from Hollick:—"Instances of this are sometimes seen in human beings. Thus a female married a second time will have children resembling the first husband, and sometimes even in a third marriage, as I have witnessed myself. Such resemblances can be explained only by supposing a permanent influence to be exerted by the male; and probably that influence is most likely to be exerted most powerfully by the first partner." Dr. H. concludes, from experiments made, that these results are not always the effect of imagination, but are rather caused by the permanent influence of the male upon the female organs of generation. He continues:—"A friend of mine made some experiments upon animals, for the purpose of testing this curious question. Many of these were so managed that the imagination could not possibly operate, and yet the influence of the first partner was distinctly perceptible during several conceptions afterwards. Among other singular cases bearing on this subject, is the following, which was told me by an old physician in Scotland, who knew all the parties concerned. A young female was forcibly violated by a person whom she did not know, and under such circumstances that she could not see him; it was known, however, by her friends, who he was, but from a wish to avoid exposure the occurrence was kept secret, though unfortunately she became pregnant in consequence. The child strongly resembled its guilty parent; and, what was singular, two children which she had by marriage, afterwards also resembled him, though they were by her husband—the guilty young man having previously left the country!"

In treating upon this subject of impression, Dr. Harvey, physician to the Aberdeen Royal Infirmary, advances the following:—

"Instances are sufficiently common among the lower animals, where the offspring exhibits, more or less distinctly, over and beyond the character of the male by which they were begotten, the peculiarities, also, of a male by which their mother had at some former period been impregnated.

"Mr. James M'Gillivray, of Huntly, a veterinary surgeon, offers the following theory upon this subject:—"When a pure animal of any breed has been pregnant to an animal of different breed, such pregnant animal is a cross ever after; *the purity of her blood being lost*, in consequence of her connection with the foreign animal. If a cow, of the pure Aberdeenshire breed, is with calf by a bull of the short-horn breed, in proportion as this calf partakes of the nature and physical characters of the bull, just in that proportion will the *blood* of the cow become *contaminated*, and herself a cross, forever incapable of producing a pure calf of any breed. The great variety of nondescript animals to be met with are the result of the crossing system; the prevailing evil of which is, the admission of bulls of various breeds to the same cow, *whereby the blood is completely vitiated.*"

"A consideration of this subject suggests the following questions:—1st. Whether, in case of a woman who has been twice married, and borne children to both husbands, the children borne to the second husband ever, or generally, partake of the peculiarities of the first husband? 2d. Whether, in a family of several children,



the younger children rather than the elder, are disposed to exhibit the characters of the father? 3d. Whether a woman who has borne several children by the same husband may not ultimately acquire some of the physical characteristics, or at least imbibe and manifest some of the morbid tendencies, of the latter?

"A mare belonging to Sir George Ouseley, was covered by a zebra, and gave birth to a striped hybrid. The year following, the same mare was covered by a thorough-bred horse, and the next succeeding year by another horse. Both the foals thus produced were striped and partook of the characters of the zebra. And it is stated by Haller, and also by Becker, that when a mare has had a *mule* by an ass, afterwards a *foal* by a horse, the foal exhibits traces of the ass. Cases are recorded of mares covered in every instance by horses, but by different horses, on different occasions—where the offspring partook of the character of the horse by which impregnation was first effected. It has often been observed that a well-bred bitch, if she has been impregnated by a mongrel dog, will not, although lined subsequently by a pure dog, bear thorough-bred puppies in the next two or three litters. The like occurrence has been noticed in respect to the sow. Breeders of cattle are familiar with analogous facts as occurring in the cow. Says M'Gillivray:—'*Among cattle and horses they are of every-day occurrence.*'

"Dr. Dyce tells me that he has certainly known one instance (if not more) where a mulatto woman bore fair children to a white man; and that the same woman had afterwards to a mulatto man other children, who bore much resemblance to the white man, both in features and complexion.

"Rev. Charles M'Combie, of Tillyfour, minister of Lumphanon, in Aberdeenshire, informs me that a lady neighbor of his was twice married, and had issue by both husbands. The children of the first marriage were five in number; of the second three. One of these three, a daughter, bears an unmistakeable resemblance to her mother's first husband. What makes the likeness the more discernible is, that there was the most marked difference, in their features and general appearance, between the two husbands.

"Professor Simpson, of Edinburgh, communicates to me, that a young woman residing in Edinburgh, and born of white parents, but whose mother some time previous to her marriage, had a child by a mulatto man-servant in Edinburgh, exhibits distinct traces of the negro! He noticed particularly that the hair had the qualities characteristic of the negro!

"It is of more immediate interest, however, and of greater practical moment, to ascertain whether, through the medium of the fetus, the husband may impart to his wife either the syphilitic virus, or the scrofulous diathesis, or any other constitutional morbid tendency which he may possess.

"Dr. George Ogilvie informs me of a case which fell under his own observation, where a woman was twice married, and had children by both husbands, and where the children by both husbands were scrofulous, although only the first husband had marks of that diathesis; the woman herself, and her second husband, being to all appearance quite healthy.

"Professor Prire, of Aberdeen, communicates—that Mrs. H—, apparently free from scrofula, married a man who died of phthisis. She had one child by him, which also died of phthisis. She next married a person who was to all appearance equally healthy as herself, and had two children by him, one of which died of phthi

is, the other of tubercular mesenteric disease—having at the same time scrofulous ulceration of the under extremity.

"In these cases, before the mother could have imparted the scrofulous taint to her offspring by the second husband, she must herself have imbibed it from her first husband through the medium of his offspring while in utero. And, although seemingly still free of the taint, it may have required only the appropriate external condition to call it into full activity in her own person. And with regard to the syphilitic poison, there is no difficulty in understanding, and it is quite within the bounds of probability that the fœtus, if contaminated with it by its father, may convey it to the mother. It has been affirmed, indeed, that a man who has once had syphilis, but been seemingly cured of it for many years, may yet so retain the taint of it as to contaminate his offspring without at the same time tainting his wife. Very possible. But this does not prove that he may not contaminate his wife also; and the observation itself is in that respect fallacious, inasmuch as, in any given case of the kind, the wife may really have imbibed the virus, although in a latent form, and might subsequently give proof of the reality of the fact by tainting the offspring begotten by another and a perfectly healthy husband. Adopting this view, it may be found of importance, in contemplating marriage with a widow, to inquire into the constitutional peculiarities of her deceased husband!"

To this I may add, that it may not be amiss in contracting marriage with a woman never before married, in order to be the better assured upon these points, to consult the expediency of *early marriage*. Also, a knowledge of these facts, may lead young ladies to be careful about selecting a partner, to know, if possible, that he has not run the round of licentious indulgence with abandoned and diseased women; and it may, by showing youngmen the liability of contaminating the wife and the child with disease, even after being seemingly cured of venereal disorder, impress them with the expediency of keeping aloof from the courtesan, and seeking gratification of the amative passion in early and holy wedlock. In this way, and only in this way, unless we are to suppose the *impossibility* that men and women can always control the sexual impulse born within them, can there be security for husband, for wife, or for offspring, against the deadly virus of venereal diseases.

But to return to the influence of the mother upon the unborn child. I will quote from the *Scalpel* some instances of this nature:—

"A few years since we were requested by Dr. Moore Hoyt to examine an infant of a few months' age. We found a healthy child and mother; the former presenting an eschar directly across the knee-pan of each knee. They were as if made by the scratch of a nail, and from two to two and a half inches in length. Dr. H. was astonished on seeing these marks at the birth of the child; but examination made it evident that this state of the knees had been produced within the womb! But how? The mother had spent, for a number of days, some hours daily on her knees, leaning over a cradle, and nursing a sick child. She complained of pain on rising but did not anticipate any deformity in her child. When we saw the eschars they were completely healed.

"The next case occurred in our own practice. A lady, during the second month of gestation, was presented by her husband with a pair of ear-rings. She was desirous to wear them the same evening to a party, but found it impossible to insert the loop into one ear, as the hole had partially grown up. The attempt was abandoned, with some disappointment, and the expression of apprehension that her child

would be marked. At birth, the child presented a hole in the centre of one lobe of the ear, so nearly perforated, that, on stretching it slightly with two fingers, the unperforated part proved so thin as to be absolutely diaphanous; a deep cleft running downward for a quarter of an inch from the centre of the hole.

"Mr. A., of the northern part of this state, married some forty years since. Pecuniary circumstances rendered offspring undesirable. Within a year, however, the wife thought herself with child; on expressing this belief to her husband, she was, at the moment, quite shocked at the dissatisfaction with which he received it. Taking his hat, he left the house, and was absent for near an hour. He was distressed on his return to find his wife in tears. He assured her he was rejoiced to learn the probable realization of her announcement; that he was now satisfied with the condition of his pecuniary affairs. The wife dried her tears, but expressed her conviction that her offspring would suffer from her agitation. Her fears gradually increased as gestation advanced. A healthy and well-formed boy was born. After some months, it manifested an extreme unwillingness to approach the father. This gradually increased, until its dissatisfaction was manifested by loud and continued screaming when brought near him. As age advanced, the most persevering efforts were made to overcome this repugnance, but in vain, and the attempt was abandoned in despair. This state continued, and at the time of our receiving the information, the son, then an active and rising member of the bar, had never been able to speak a word to his father, though the most painful efforts were made.

"The next case was related to us by Dr. Cox, now practicing at Williamsburg, Long Island. A lady was in constant attendance upon her dying father; his disease was a cancer on the forehead, and required repeated daily dressing; this was done by the daughter, who was in the early period of pregnancy. In a few months the father died, and the daughter was delivered, at the full period, of an infant disfigured with a large tumor on the forehead. This the doctor assured us became an open sore, in all respects similar to the one of which the child's grandfather died. It resisted every application, and soon terminated the child's life.

"If such results do really sometimes follow the exposure of mothers to disagreeable objects, the appearance of the maimed foreign paupers that shock their feelings at the corner of our streets should be instantly put a stop to by legislative interference. And if mothers desire to be blessed with healthy offspring, they had better not only avoid disagreeable sights during pregnancy, but observe all the laws of their being, and keep a rigid watch over their most secret thoughts and actions."

A correspondent of the *Scalpel* gives the following cases:—"A gentleman of Brandon, Vt., removed to New York city, and while there, went one day to visit the Zoological garden. While there, his wife, who was enciente, and who was of a highly nervous temperament, became alarmed at the ferocity of a beautiful Bengal tiger. The lady fainted. In process of time, she gave birth to a healthy boy, which grew like other children. After the child was old enough to run about, he exhibited the strongest of tempers when vexed at anything. At such times he would growl and shriek, and fly at the faces of his companions with all the ferocity of a wild cat—tearing their clothes, biting and scratching their faces, and the like—his eyes, during the paroxysms, being of a fiery or green color, like those of a cat when angry. As he advanced in years, it became necessary for an older person to accompany him, to prevent his injuring his playmates during his paroxysms of fury. At other times, he was of a most amiable disposition.



"In the same town of Brandon lived a man who one morning desired his wife (then with child) to assist him in killing a calf. The wife of the man's brother tried to dissuade her from going, but she went. The calf was thrown upon its side, and as the man was in the act of applying the knife to its throat, his wife helping to hold it down, it suddenly sprang up, receiving at the same time a severe cut across the mouth and nose, the knife passing over and cutting off one of its ears. The woman became alarmed, and ran to the house. In due time she gave birth to a living child, which had a hare-lip, each lip being deeply cut through, and the cleft in the superior one extending entirely through it, and far back toward the posterior part of the palate; it had also but one ear. The child died soon after birth.

"In Rutland, Vt., a married lady had a favorite pet cat, which she loved immoderately. One day, the husband came in, and found her holding the favorite tabby, as usual. Being under the influence of liquor and passion, he seized the cat, and, with an oath, dashed its head against the hearth. The wife was greatly affected. Some months after she gave birth to a female child, whose physical organization presented strange peculiarities. Its face bore the general resemblance to that of a cat—having no chin—with the mouth quite at the lower part of the face—the nose long and depressed, and the eyes like those of the cat. The hands were deformed—very short fingers, crooked and sharp nails. When she was nine years old, the child had never spoken a word, but made known her wants by a kind of yawling, cat-like sound, which was horrible to hear.

"In the same town resided a child upon whose face was a peculiar red stain. At a wedding party given to a young couple soon after their marriage, the bride received the contents of a wine-glass upon her face as she was playfully running from one room to another. It spattered her face, neck, and breast, and caused her much confusion of mind, and not a little anger. Her first-born child came into the world with its face, neck, and breast well covered with claret. As it increased in years, the color of the mark became brighter.

"In the north part of the same town there lived, some seventeen years since, a young man, one-half of whose forehead was covered with an unseemly mass of coarse red and black hair. The father of that young man owned a favorite heifer which one day got mired, and no man being about, the wife exerted herself to extricate the animal. It was in vain. She sat down, exhausted, and commenced patting the dumb animal upon the head, admiring and playing with the *curl* in the center of its forehead. Some months afterwards a child was born, having a tuft of coarse hair, quite unlike, in both color and quality, to that upon the rest of the head, covering nearly one-half its forehead, having the same curl, or rosette shape, which existed on the forehead of the young cow.

"Some years since, a gentleman from Clarendon, Vt., was crossing the North River, near Albany, in an open boat, in company with two other men. When midway the stream, one of the men suddenly seized an oar, and struck the man first alluded to over the head, cutting a severe gash through the scalp, and rendering him senseless. The object was robbery. The circumstances were soon communicated to the wife of the injured man, and she was greatly distressed. Some seven or eight months afterwards she gave birth to a child, upon whose head was a wound, corresponding in shape and position with that made upon her husband's head,

which had not healed when he returned home. Adhesive straps caused the wounds to heal kindly, and the child lived.

"Some few years since, a clergyman of Providence, R. I., was riding out with his wife in a covered sleigh. They were met by another team, the horses to which were running away. In passing, the head of one of the horses came in contact with the covered sleigh, and carried away part of the top, slightly injuring the gentleman, and greatly alarming his wife. The idea took hold of her mind that all his head, above his eyes, was carried away, and she repeatedly put up her hand to ascertain if his head was really where it ought to be. Some months elapsed, and the lady gave birth to a living child. The child had a face, but above its eyes it had no head or brain. It of course lived but a very brief period."

These cases might be multiplied indefinitely. Scarcely any person of observation but has noticed similar. I call to mind a case where a lady, *enciente*, while on a visit to a house in which I resided, took some *cranberries*, without permission, from a cupboard which she opened. On going home, the thought came that perhaps she should not have taken them without asking. Her child, born a few months after, had a tumor on the forehead, exactly resembling a cranberry.

I was acquainted with a gentleman (now dead) of the town of Manchester, Conn., whose father, while he was yet in the womb, brought home a dead owl, and threw it suddenly into the room where his wife was. The lady was much frightened. The eyes of the person closely resembled those of an owl, and one leg had a withered appearance, corresponding to the appearance of the leg of a bird. He was always known by the nick-name of "Owl-Eye." I am acquainted with another man, now residing in Hartford, Conn., whose mother was frightened by a rat while he was in her womb. The sight of a rat will throw this man into a fit!—but in the presence of any other species of animal or reptile, he manifests no extraordinary emotion.

But it will be useless to further multiply facts upon this point. It is of often occurrence that marks of peaches, strawberries or other things appear, upon offspring. The *modus operandi* is beyond our knowledge; but, as such things do occur through the imagination of the mother, it is plain that it is the duty of every woman, so far as is in her power, to govern her passions, to control wisely her emotions, to keep aloof from scenes of a loathsome or revolting character, calculated to work powerfully upon the mind; to keep herself from all morbid thoughts; to be calm, lovely, serene, and as quiet as possible, while carrying in her womb another being. And husbands, who have affection for their wives, and who would have healthy offspring, cannot be too kind nor too careful of their wives while they are in the condition to become mothers—particularly in the earlier months of pregnancy. When a woman, in her pregnancy, is desirous of anything not *unreasonable*, the husband should, if possible, obtain it for her, even though, in ordinary circumstances, he might not indulge her with it.

It is by no means, however, the case, that when people *look beforehand* for some mark, or expect some effect from a cause upon the mind of the offspring, that it occurs. The reverse of this is more generally true. Very many ladies *long* for this or that during the months of pregnancy, and expect their child will be marked, but this does not happen; while others, who do not in the least anticipate such an event, find their offspring disfigured. This shows us how much the results witnessed are beyond the comprehension in the way they are brought about. It will generally

be found that the impressions upon the child in utero are caused by *sudden emotions* of the mind of the mother—something which takes *forcible* hold of her thoughts, and for the time affects her entire being. Hence the necessity of guarding against sudden anger, fear, fright, or allowing the mind to receive any *absorbing* impression of any kind whatever.

The effect which the sight of an idiot will have sometimes upon the fetus of a woman, has been noticed in many instances. Powerful impressions are often wrought upon the mind of the mother, and through her upon the offspring, by the sight of an idiot. Therefore, it should be the duty of the law to remove from the midst of society all idiotic persons and place them under proper care in some school, or upon some retired farm fitted for the express purpose. This would be not only better for the idiots themselves, but it would in a certain degree prevent the multiplication of this class of unfortunate beings.

### THE SERPENT AND ADAM CAUSED THE FALL; THROUGH WOMAN CAME THE REDEMPTION.



NO. 53.—THE TEMPTATION AND DISOBEDIENCE.

"And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat; and gave also unto her husband with her, and he did eat."—Gen. iii. 6.



For long ages the disreputable credit of being the cause of the fall of man has been fastened upon innocent woman; and none have had the generosity to take up the pen in her behalf and disprove what seems to be generally believed. Though by men adjudged guilty of the fall, such is not the Scriptural fact, as I shall attempt to show. The truth is, that the serpent and Adam caused the fall, while through woman has been worked out the redemption of mankind.

God created Adam in His own image, and endowed him with a superiority of knowledge, and gave him power over the whole animal creation; but despite of his superior knowledge, he yielded to temptation and caused the fall. The serpent, being more subtle than all the beasts of the field, (Gen. iii. 1,) deceived Eve, and beguiled her into the belief that by eating of the fruit of the tree of knowledge of good and evil, she would be made wiser, and herself and husband become happier. And in the innocence of her heart, and filled with benevolence and love for her husband, and desiring to increase his happiness, she hearkened to the voice of the tempter, and partook of the fruit of the tree. Her offence was committed in *innocence*, and from motives of the purest benevolence, and with a proper desire to add to the amount of happiness enjoyed by herself and husband. She partook because of the *deception* of the serpent, and not in a feeling of *disobedience* to the commands of God. The fruit of the tree was "Good for food, pleasant to the eyes, and to be desired to make one wise and happy;" therefore she did eat thereof.—Gen. iii. 6. But *disobedience* was not in her heart.

This view of the case can be proved from renowned commentators, and is sustained by the testimony of Paul. And it is evident, from scriptural proofs, that God regarded woman innocent, for he cursed the serpent, and the ground for Adam's sake, and said unto the serpent, (Gen. iii. 14,) "Because thou hast done this," &c. But he did not curse woman, as the language of Paul proves; yet, woman, being in the transgression, though innocent, God greatly multiplied her sorrows in conception and child-birth, and adjudged her to be ruled by man, which, heaven knows, is not an easy punishment for woman! But Adam transgressed the law of God in knowledge, and without being operated upon by the beguiling words of the deceiving serpent. Adam hearkened unto the voice of the woman to do sin, and committed it in direct violation of the command of God, *without first having been deceived*. So that guilt in the *spirit* and in the eye of God was with him, and not with the woman, and by him (Adam) and the serpent came the fall.

Now for the *redemption*. God, viewing the matter of the cause of the *fall* in the light we have presented, resolved that *sinful man* should have no part or lot in the great scheme of redemption; but that through *innocent woman* should the work of salvation be commenced. Viewing man as a *sinner*, he could not be allowed any agency in a holy work of redemption. Therefore it was that the Virgin Mary was overshadowed by the Holy Ghost, and made to conceive of God a child, the great Messiah of our race—even Christ Jesus, in whom all the dead in sin may be made alive. God found favor in her sex, as we see from Luke i. 30—"Fear not, Mary, for thou hast found favor with God." Again, "Behold a virgin shall be with child, and shall bring forth a son."—Matt. i. 23. Again, "Mary was with child of the Holy Ghost."—Matt. i. 18. Again, "For that which is conceived in her is of the Holy Ghost. And she shall bring forth a son, and thou shalt call his name *Jesus*, for he shall save his people from their sins."—Matt. i. 20, 21. Again, "Then said Mary unto the angel, How shall this be, seeing I know not a man?" (Had sexual



NO. 54.—THE PUNISHMENT FOR TRANSGRESSION.

"And the Lord God commanded the *man*, saying, Of every tree of the garden thou mayest freely eat : but of the tree of the knowledge of good and evil, thou shalt not eat of it : for in the day that thou eatest thereof, thou shalt surely die."—Gen. ii. 16, 17. "And the Lord God said unto the *serpent*, Because thou hast done this, thou art cursed above all cattle, and above every beast of the field : upon thy belly shalt thou go, and dust shalt thou eat all the days of thy life : and I will put enmity between thee and the woman, and between thy seed and her seed : it shall bruise thy head, and thou shalt bruise his heel."—Gen. iii. 14, 15. "Unto the *woman* he said, I will greatly multiply thy sorrow, and thy conception : in sorrow thou shalt bring forth children ; and thy desire shall be to thy husband, and he shall rule over thee."—Gen. iii. 16. "And unto *Adam* he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree of which I commanded thee, saying thou shalt not eat of it," &c.—Gen. iii. 17.

intercourse with a man.—*Author*.) "And the angel answered and said unto her The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee ; therefore, also, that holy thing which shall be born of thee shall be called the Son of God."—Luke i. 34 and 35. This proves Christ to be the Son of God, born of a woman, who had never known man. We see, therefore, that God gave his own Son to be born of innocent woman, that the race, through his death, should be brought back to its original state without the agency of *sinful man*.

These facts are incontrovertible and undeniable—no ingenuity of man or devil can disprove or overthrow them.

God's command not to partake of the forbidden fruit, was unto man, or Adam, and not woman, or Eve.—Gen. ii. 15, 16, 17 verses. "And the Lord God took the man and put him into the Garden of Eden, to dress it and to keep it. And the Lord God commanded the man, saying, Of every tree of the garden thou mayst freely eat; but of the tree of knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die."

There are various ridiculous, as well as reasonable opinions, as to what the forbidden fruit consisted of, but very evidently it was vegetable fruit; but the sin was not so much in the kind of fruit, as to test Adam's obedience to God's command, or law; the kind of fruit having been designated, of which he was keeper, and of which God gave him charge and held him responsible for the faithful fulfillment of that charge. The serpent may have been commissioned to tempt Adam, and to accomplish his object beguiled Eve, or woman, although she was innocent of what would be the punishment. Adam's obedience to fulfill the command was to be tested, and woman's aiding to disobedience did nothing to excuse him. Nowhere in Scripture is the sin expressly attributed to woman, but often to man. And why? Simply because of her innocence to do wrong. Hear what the Scripture saith, (Rom. v. 12,) "Wherefore, as by one *man* sin entered into the world, and death by sin; and so death passed upon all men, for that all men have sinned." It will be remembered that the law, or command of God, was first established before the transgression, and that command became a law unto Adam. As the inspired Paul, the great law expounder, has done justice to the subject, I shall give his teachings in part from the 5th chapter of Romans, commencing at the 13th verse, and continue through the chapter: "For until the law, sin was in the world; but sin is not imputed when there is no law. Nevertheless, death reigned from Adam to Moses, even over them that had not sinned after the similitude of Adam's transgression, who is the figure of him that was to come. But not as the offence, so also is the free gift. For if through the offence of one many be dead; much more the grace of God, and the gift by grace, which is by one man Jesus Christ, hath abounded unto many. And not as it was by one that sinned, so is the gift: for the judgment was by one to condemnation, but the free gift is of many offences unto justification. For if by one man's offence death reigned by one; much more they which receive abundance of grace, and of the gift of righteousness, shall reign in life by one, Jesus Christ. Therefore, as by the offence of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life. For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous. Moreover, the law entered, that the offence might abound. But where sin abounded, grace did much more abound: That as sin hath reigned unto death, even so might grace reign, through righteousness, unto eternal life, by Jesus Christ our Lord."

Paul's epistle to the Corinthians is, as elsewhere, proof positive of the *innocence* of woman causing the fall of man, and settles the truth of the whole matter in a very few words, viz., (1 Corin. xv. 21, 22,) "For since by man (not woman) came death, by man came also the resurrection of the dead. For as in Adam (not Eve) all die, even so in Christ shall all be made alive."





No. 55.—THE REDEMPTION.

"Hail thou that art highly favored, the Lord is with thee : blessed art thou among women."  
 "And the angel said unto her, Fear not, Mary ; for thou hast found favor with God. And behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name Jesus."—  
 Luke i. 28, 30, 31.

WHILE on earth, Christ had the greatest respect for woman—for her motherly love, her charity, her purity and her acts of benevolence. Evidently he considered her in the light we have presented ; that God, to accomplish the great work of redemption, took the pure woman as his vessel of honor, that through her Christ might be made manifest in the flesh ; and unto her sex, in the hand of God, does the honor of the restoration of man to his original state of holiness justly belong.

In this day and generation, when the light of the Gospel is being carried to the uttermost parts of the earth, it is due to the female sex that the truths I have set forth upon this subject should be known, and that she should receive the credit that is justly hers : and yet, commentators, ministers, and all others, seem strangely to have overlooked the important truth we have presented. Woman is educated in a consciousness of having wrought the fall of man ; the burden of the sin is cast upon her shoulders. This, particularly in a mind of a religious cast, is the cause of great evil ; for it oppresses her mentality, impairs her usefulness, lessens her in her own esteem, and detracts from her ability to perform those deeds of goodness in the re-

lief of suffering humanity, the regeneration of man, and the christianization of the race, that she is peculiarly fitted to do. It greatly impairs her usefulness in woman's proper sphere, (which is not among the roughness of men and in the coarser walks of life, but amid the duties of domestic existence, in the church and by the side of the sick and suffering,) and renders her less a noble aid to man than she would be with a conscience void of sin in that which is laid upon her. For if the belief remain that the fall of man was caused by woman, how can we have that confidence in her sex necessary to give force to her works for his redemption. But the reproach is unjustly laid upon her; she to many is a guardian angel of purity, to infuse virtue, morality, and religion into his heart, and impress them upon his offspring. And ministers and commentators do wrong to thus destroy confidence in her purity and integrity. Aside from these, the consciousness of this great sin frequently leads to insanity, consumption, and death. And in the hope of being able, by calling attention to the subject, to lessen such disastrous occurrences, the author has deemed it proper to introduce the subject to his readers.

Woman, thou who hast so long borne unjustly the reputation of causing the *original sin* of mankind, and unrighteously incurred displeasure for that of which thou art not guilty, and been without an advocate of thy cause for the honor of being made an instrument in the redemption of the fallen race,—be no longer cast down in the false belief that upon thy head rests the sin of the fall. In the innocence of thy pure heart thou partook of the fruit of the tree, and therefore was not guilty of the great sin. But upon man and the beguiling serpent does the weight of iniquity rest! Grieve not, therefore, longer; shake off the oppression of consciousness, and believe thyself innocent, as Paul and the Apostles have taught. Thus shalt thou become better fitted for the duties of thy station, and be saved from hours of mental anguish, that lead to the dethronement of thy reason, and the destruction of thy life.

It has been often said that woman brought death into the world, and that she is the most wicked creature God ever made. A clergyman once made a remark to this effect to a lady, and received for reply—"If one rib taken from man is so awfully wicked, what must the whole body of man be?" If woman has been in every age of the world so wicked, it is very curious that man should be so desirous of obtaining from such a creature the favor of a look, a nod, or a kiss! Man has ever arduously courted and sought to associate with these wicked beings; and many have become raving maniacs because they could not get one of these most wicked objects that God ever made! Strange, indeed, that the smiles and love of so sinful a creature should be in such demand among the sex who arrogate to themselves a great share of godliness! Strange that man will brave every tempest, and endure every hardship, for the sake of a kind word or a sweet kiss from one of those wicked beings, woman!

It has been said that woman should not speak in the churches—that she should not raise her voice in public to plead for religion and Christ. She has been veiled, enslaved, and looked upon by many as unworthy and too sinful for this; and yet, in making sacred music in praise of God, her sweet voice cannot be dispensed with. Was woman, the mother of Jesus, too wicked to be a public teacher, preacher, and helper of man—whom God saw was too sinful to be the father of him by whom salvation was to come to all that believed? O man! hide thy face in shame, that in this age of civilization and christianity thou seekest to cast down rather than to raise up the noblest and purest work of the Deity, even woman.

## WOMAN THE GLORY OF MAN.

' BUT the woman is the glory of the man," was the language of wisdom that fell from the lips of the Apostle Paul, the great teacher of the Christian religion.—1 Cor. xi. 7. Solomon, a man of great wisdom and understanding, uttered a similar sentiment of honor to the female sex, which is worthy the attention of all, particularly woman herself—"A virtuous woman is a crown to her husband."—Prov. xii. 4. And God himself uttered these words, which speak that he considered well of this creation of his hand: "It is not good that man should be alone; I will make him an help meet for him."—Gen. ii. 18. And in making a help meet for man, it would be to impeach the wisdom of Deity, to suppose that she was not created with such virtues and qualities as should command the esteem and admiration of the other sex, and be worthy of their love, and purest and highest honor; for less than this would have tended to degrade rather than elevate the man. Adam acknowledged woman to be "bone of his bone, and flesh of his flesh;" "therefore shall a man leave his father and his mother, and cleave unto his wife; and they shall be one flesh."—Gen. ii. 22, 24.

Evidently the intention of our Creator in making man and woman for each other's happiness, was that they should be inexhaustible magnets of love to each other—each having charms for the other that should never be exhausted or blotted from the remembrance: "For love is of God."—1 John iv. 7; and "Love is strong as death."—Songs viii. 6.

Would the limits of this work admit, I might give you the whole history of woman, from her first creation to the present time; how she has been fettered by dress; prisoned to stifle her usefulness and love; veiled and shut up in lonely houses and nunneries, to hide the beauties and smiles of her lovely face; silenced in speech, that men or angels could not be overwhelmed by the sweetness of her honeyed words, and charmed with the loving kindness and abundance of her heart.

In many ages of the world, by the superstitions of religious belief, woman has been tortured, fettered, imprisoned in action and speech, doubtless because of her supposed transgression in the fall of man. She has been enslaved, prostituted, and turned into a defiled body of abominations by sinful man. In the present age, in Christendom, mankind seemingly abhor such treatment, and attempt to give woman the proper education, honors, and liberty, both in society and the hearts of men, which she so nobly deserves.

Woman is the noblest work of God. The mother of all and beloved by all, she is filled with affection, charity, patience, hope, endurance, fortitude, and all the ennobling qualities of human nature. She is as a fountain of sweet waters unto man; the richness and beauty of her love, the angelic goodness of her heart, cannot be equalled upon the earth. Man admires, honors, respects, and almost adores her, and acknowledges the matchlessness of her charms, and the power of her attractions by bending in worship at her shrine. She is an inexhaustible fountain of love to comfort man and to cheer him, whether on land or on sea, in war or in peace—whether he be in the house of worship, in the theatre, in the grove, or in the parlor—whether he be at home or abroad.

In the adornment of the richest palaces, in the embellishment of halls of pleasure, in exhibitions upon the walls of galleries of the fine arts, we do honor to woman, and



manifest our esteem and love for her, by suspending her portrait in conspicuous positions and high places; and even in the monetary concerns of our existence—upon the faces of checks and bank bills—we meet the shadow of woman's beauteous face, crowned with wreaths of honor and the horn of plenty. The delineations of her graces may be found mingled in all the adornments of life.

Man may boast of his heroic deeds upon the field of battle; but woman has the higher boast, the honor of being *mother* to all. Man may talk of his sufferings in war for the glory of his land; but he is outdone in endurance by woman, who suffers the pains of travail to raise up sons to fight the battles of her country. Man may boast of the genius and talent of his children, whom he has educated in wisdom; but to woman is due the greater credit of impressing them with genius before their birth, nourishing them in foetal life with her own blood, and supporting them in infancy from the rich treasures of her bosom. Woman is the first to lend an ear to the calls of the needy—the first to send the Gospel to the benighted nations of heathen lands. She was first at the tomb of a crucified Saviour; and wherever she is found, her hands are filled with pity, sympathy, charity, and love. And for the graces of her person, and the noble qualities of her mind, man loves her—he can never forget her. For her he visits and explores the uttermost parts of the earth, and the vast depths of the mighty seas, that he may gather costly jewels, furs, and garments to decorate her angelic form; for her he dares the tempest and the hurricane, the shock of battle and the faggot of the barbarian; for her he delves by day and by night, beneath the heat of the scorching sun, and in damp and loathsome pits, where the rays of heaven never come—that, when his toils are over, he may rest him in her embrace, and hearken to her notes of sympathy and love.

Man, without his love for the fairer sex, would be like the earth without the cheering and genial rays of the sun: like an icy mountain of Greenland, which never melts, but remains cold and hard forever. But when the love of a pure and virtuous woman reigns in his heart, and leads him to the nuptial state, he becomes softened, civilized, and humanized, and fitted for a foretaste of the joys that await the good beyond the boundaries of the tomb.

To give an idea of the influence exerted by woman upon the character and destiny of nations, we subjoin the following extract from M. Aimé Martin, showing the respective condition of females in European and Oriental countries, and the conditions of the countries themselves:—

“Whatever be the customs or the laws of a country, it is the women who give the direction to its manners. Whether free or subject, they reign, because they derive their power from our passions. But this influence is more or less salutary according to the degree of estimation in which they are held; be they our idols or our companions, courtesans, slaves, or beasts of burden, the re-action will be complete; they will make us what they themselves are. It appears as if nature attaches our intelligence to their dignity, just as we attach our happiness to their virtue. Here, then, is a law of eternal justice; man cannot debase women without becoming himself degraded; he cannot elevate them without becoming better.

“Let us cast our eyes over the earth and observe the two great divisions of the human race—the East and the West; one half of the old world continues without improvement, and without ideas, beneath the weight of a barbarian civilization; there the women are slaves. The other half progresses towards equality and enlightenment, and we there see women free and honored. Contrast with a European

or American family an Eastern one; the former is based upon equality, the latter upon polygamy and slavery, which leave to love its brutal fury, but which deprive it of its sweet sympathy, and divine illusions. A man may shut himself up with a number of women, but it is impossible that he can love several. See him then reduced, amidst a crowd of young beauties, to the saddest of all conditions, that of possessing without loving, and without being loved. Inebriated with the coarsest pleasures, without family in the midst of his slaves, without affection in the midst of his children, he imprisons his companions, and makes of his house a place of punishment, crime and prostitution. And, after all, does this animal life yield him lasting happiness? No; his senses become blunted, his mind becomes enervated, and he vainly pursues unto the brink of the tomb the sensual delights, which, while they excite him, elude his grasp. Polygamy is a purely animal state; it gives us only slaves; marriage gives us a loved and cherished companion; the former establishes misery and debauchery in the house of the man, the latter forever banishes it, and sanctifies the house," renders the bed undefiled, the wife a fruitful vine by the sides of thine house, the children as olive plants around about thy table, the domestic home a sweet paradise of Godliness and the man as a worthy citizen. We may add that civilization, uncorrupted, is only possible by means of conjugal bliss and marriage, because in marriage alone the sexes can enjoy the uncorrupted sweets of sexual bliss, and women called upon to exert their intellectual and moral powers. At the creation and beginning of the world God created only one man and one woman, and in the womb of the female God creates the sexes at his pleasure, either male or female; and ever since the creation of man and woman he has caused to be born the sexes about equal in numbers. Thus each man ought to have his own companion; it is the law of nature; all the rest is only barbarity, corruption and debauchery.

Viewing woman and her influence in this light, and believing her created of God not only as a help-meet to man but as a guardian angel to lead him and the fallen of her own sex from the pools of iniquity and the sinks of degradation to a high and lofty stand by her side in the holy temple of virtue, morality and religion, we deem it matter of most momentous consideration, that she should take the greatest care of her bodily health and keep disease far from her. Without doing this, she in great measure must become unfitted to discharge properly the important duties of her station in the world—to rear up the future generations in health and virtue, to minister to the afflicted, to afford happiness to the companion of her wedded life, or enjoy for herself that modicum of pleasure in the world which the Creator designed should fall to her lot. To this end she should avail herself of the means prepared by medical skill to give purity to her blood and preserve her person in all its original beauty and glory. And for this the author has prepared his celebrated Medicines for the Blood, which preserve and restore the bloom to the cheek, elasticity to the step, strength to the frame, and consequent vivacity of spirit in the discharge of all the varied functions and duties of her life.

#### WOMAN'S LOVE NEVER CHANGES:

It is firm as the everlasting hills—immovable as the mountains. If woman has once *truly* and *sincerely* loved a man, she can never dislike him. He may ill-treat

abuse and misuse her, but she will love him still. He is a magnet of great attraction for her—her desire is unto him—she never will forget the object of her young heart's idolatry. And though he be far away at sea or in battle, her anxious heart is with him; though he die and be carried from her embrace to the cold and silent tomb, she will ever think of him—mourn for him, and steal away from the gay and giddy crowd to plant the rose of affection upon his grave, where the gentle breezes of heaven come and the birds sing their songs of sadness. She will frequent his lonely tomb, and refresh the flowers with her tears of sorrow. Though dead, he liveth in her sweet remembrance.

Woman is the just pride of a nation—destroy her virtue and the downfall of a people is certain; suffer her health to become bad, and deterioration must ensue. She keepeth man's love from corruption—she is to him as a fountain of living waters, which bringeth forth a continual pleasure. How important, then, that she should be kept in health—that in and through her man may be blest and happy. How essentially necessary that the greatest care should be taken by all husbands to watch over the health of their wives, lest consumption steal upon them unawares, and they be borne away by the spoiler Death. Think of this all ye who love and care for the chosen partners of your joys and sorrows, and see to it that by a timely use of the great remedies of nature you preserve them from the fangs of death, and keep them to bless your remaining days. If the first appearances of distemper have manifested themselves, lose no time in procuring a remedy against the growth of the destroyer. This you may always find among the Circulating Medicines I have prepared for the afflicted, by the use of which thousands have already been rescued from the cold embrace of the tomb, and the day of dissolution put afar off. For the proofs of this, and for the nature and character of the medicines I prepare for the diseased, see certificates of cures in another part of this volume.

#### INVALIDS IN OFFICE.

THE question of whether invalids should be allowed to hold office, or to be instructors of the people in any capacity, or legislators, or lawgivers, is one, considered in a sanitary point of view, as well as an intellectual one, of vast importance, though seldom thought of. Every person is aware that, very often,—so often as to be the rule rather than the exception,—the ills of the body disqualify the mind; and that a mind to be sound should inhabit a sound body, or rather one which has no *disease* properly speaking. A person may be deprived of an arm or of a leg, and his mind not injured thereby; but if he be constantly suffering from some bodily ill that gives continual pain or is a constant source of annoyance, or if his person be weak and sickly, it must be obvious to all that his mind is in greater or less degree badly influenced thereby. This we know by experience. There be cases, it is true, where gigantic intellects rise above and become superior to the infirmities of the body; but these are *exceptions* to the general rule. How fit is a judge upon the bench, when suffering from the twinges of the gout, to give a candid hearing to the case before him? How capable is a man to legislate for his country as he ought when weak and enfeebled by disease?

Considering these things, it is not absurd to ask, if it would not be better that no diseased person should hold office? In my opinion, the cause of human health



would eventually be greatly benefited by a regulation of this kind, and the intellect of the people be also improved: for then all who had aspirations for place for themselves or for their children, would use much more effort and care than now to be healthy themselves and bring up their children in health. There would be added a powerful stimulus to the possession of soundness of body to those already existing. If persons supposed that they might arrive at station by becoming sickly, and could not without, would not that be a stimulus for many to make themselves so? And if this is so, surely the contrary would be a much stronger stimulus.

As it is now, it is *fashionable* to be sick; sickness, or pretension to infirmity, breeds sympathy and obtains place. It is used as a cloak for idleness, and to cover disgrace. It will be noticed that physicians seldom feign sickness or infirmity, because, if they did so, invalids would say to them, "Physician, heal thyself!" By feigning sickness they lose their reputation and their business; and it would be well if all other stations in society had a corresponding penalty attached.

If a man infringe the laws of health, and thereby become diseased, detracting from his own usefulness and perhaps injuring his offspring, in justice he should receive the punishment of disgrace. If it could be known that no man or woman could hold a high place in society, or any lucrative office, unless sound in body, the sick among us would rapidly decrease; we should not have half so many invalids as now; every possible sanitary measure would be put in operation; nothing would be neglected calculated to promote health; exercise would be sought where now it is neglected; houses would be purified and ventilated; food would be taken at proper seasons, and of the right kinds; and the whole race would gradually grow healthier, stronger, happier, and wiser. Weakness of body and weakness of intellect would in great measure depart from among us.

### STUDY THE BIBLE—THE GREAT LAW BOOK.

THE Bible is the great law book for man, and a guide to health, to happiness, to honor, and to correct action in all things pertaining to the welfare of the human race. It is the law and gospel of the Father laid down for the governance of his children, through obedience to which in all things they may arrive to the enjoyment of the greatest amount possible of human happiness in the present world and secure salvation in that to which this is but the place for preparation.

Whoever will study the Bible carefully and with an eye to its precepts for the obedience of laws that shall give health to the system, will find therein such directions and advice from the inspired prophets, and apostles, and teachers, as cannot be disregarded without bringing upon the individual the inflictions of disease. The wise Creator of all, knowing that man was liable to disease, and that without instruction he would fall into sickness and pain, commanded him, through the mouths of his inspired servants, to strive to preserve his health, and indicated certain rules which it would be necessary to obey to the end that health should be enjoyed. And from these rules whoever departs is liable to sickness and premature death. These rules are for physical and moral governance—for the mental and the physical man; in many things closely connected together, indispensable to and depending upon each other; so that he who does wrong morally, physically commits sin against his own flesh, and suffers the penalty therefor in sickness and early decay.

And in many things, if we would find a law through obedience to which health may be enjoyed and length of days increased, we have only to turn to the pages of Holy Writ, and it is before us. And so also in law, and in all things pertaining to government, and upon rules for the regulation of society. The disposal of riches, the necessity for labor, the folly of idleness, the miseries of whoredoms, the evils of abominations of every grade, the fruits of intemperance in all things, the punishments of unholy lusts, the horrors that fall to the self-polluted, the sin of him who taketh away the bread of the poor, and of him who enslaveth the people in political bondage; upon these, and upon all things whereon the mind of man has ever run, does this great Book of God speak the language of inspiration in the words of soberness and truth; and which, if they were but obeyed, would lead us to happiness and to health.

The greatest men of past ages have made the Bible their study and their guide; the best of men have been its disciples and its followers; and, indeed, no man can be what he should be, without going to this great source of wisdom from the Creator, and drinking in its precepts, its teachings, its rules, and its religion. Assured of this, I would point my readers to its pages—would urge them to a consideration of its truths, and ask obedience to its rules, confident that thereby they would be enabled to escape much of evil, and experience less of both mental and physical misery. From this you may learn to—

"So live that when thy summons comes to join  
The innumerable caravan that moves  
To that mysterious realm, where each shall take  
His chamber in the silent halls of death,  
Thou go not, like the quarry-slave at night,  
Scourged to his dungeon, but, sustained and soothed  
By an unfaltering trust, approach thy grave  
Like one who wraps the drapery of his couch  
About him, and lies down to pleasant dreams."

#### STATE WORKHOUSES FOR THE POOR.

THE subject of the establishment of institutions for providing for the poor is one, considered philanthropically or in relation to health, of vast importance. Of the expediency and necessity of such institutions there is little use to speak, as it is a matter that has received general attention in almost all civilized nations. But there are connected therewith one or two points, to which I desire to turn attention.

Commonly, a person who, from any reason whatever, becomes the inmate of the poorhouse, is considered a recipient of the public bounty—no matter how much labor he may be capable of performing, no matter how much more he may earn for the institution than he takes therefrom in board and clothing. There are a great many who can and do earn more than they consume. To such, there should be adjudged reward; and for this purpose, every poorhouse should be an *industria home*, where persons out of employment might avail themselves of the facilities or labor offered by the institution, and receive that compensation which they justly earned, the same as if they worked for a private individual in any business.

As now considered, all poorhouses are in a certain sense disreputable, and he who enters one is in certain manner *degraded*. If a person has been unfortunate, and is without the means of obtaining a livelihood, and he apply to the public authorities for relief, he is looked at as an object of public charity, and treated as such, when, if he were given work under the direction and authority of the government, he could not only earn his own living, but also could save a little fund to purchase a home for the future. Now, all our institutions for the relief of the destitute should be founded upon this principle—they should not be altogether poorhouses, but *national workshops*; and every person who earned more than he received should have credit and pay therefor. This would keep the man willing to labor always above the tyranny of capital, so long as he was able to work. But now, if a man labors for the state or town in the poorhouse, all his earnings are taken; he is in a measure disgraced; he sees no hope ahead; he has nothing in the future to give him stimulus, and he becomes dejected, downcast, indifferent, and often reckless. There is for him no hope in the future; and when the hope of man is lost, what can there be expected of him but that he will labor the least possible to get his living, and decline into that apathy which makes him not much above, in aspirations at least, the ox or the swine? Such a state of things ought not to be. The really unable should be *supported*, not by the surplus earnings of other poor people, but by the state; and all able to work should be placed at labor, stimulated to industrious exertion, shown the road of hope leading to personal competence in the future, and then be paid a reasonable compensation. In other words, the general and state governments of our country should be employers on a large scale of all the able-bodied poor who could not find employment elsewhere. In addition, it ought to be the duty of public officers to arrest and commit to these national workshops all persons found begging in the streets. If they are able, let them go to work; if not able to labor, send them to the hospital. It is a shame and disgrace to any nation or city, that the corners of its streets are infested with beggars, to annoy and importune the passer-by with haggard looks, rum-bloated bodies, disgusting and infectious sores, filthy forms and disease-breeding rags. Many of these persons are arrant imposters; others, though poor enough, spend their beggings for bad liquor instead of for food and clothes, and ought not to receive charity except through the hands of those who know how it is applied.

Under a proper regulated system of national workshops or state farms, which should be *industrial homes* for the poor and hospitals for those of them not able to work, and to which every person found begging should be sent—there to be examined by a competent physician, and his ability or inability to labor pronounced upon,—where all able to work should be made to earn their living, and all able and willing should be paid for all they do over and above a living, pauperism would in great degree be overcome. Many of those who now give themselves up to despair and idleness, and become burthens to the state, would be stimulated to exertions; and with the prospect ahead of having a little sum of *their own* to emigrate to the West, or to start in business, would be encouraged to such exertion as would rid the tax-payers of the burthen of their support. And through this, also, the state would be enabled to erect many of its public buildings at a cost comparatively small, as well as to construct many works of great general utility, which are now thrown into the hands of corporations, and can be enjoyed by the people only at an expense.



Conceiving, as I do, that the health of a people is in a measure dependent upon the amount of comfort and happiness which is enjoyed, I cannot pass over remarks upon the public institutions of our country, without neglecting matters upon which the prevention of disease and premature death in some measure depend. In truth, investigation will show us that the general health of a nation will be found great or small exactly in proportion as *all* the causes which lead to disease are removed or neglected. Without reference, therefore, to the bestowal of charity, the subject of state and national workhouses may be justly considered as worthy of attention, on the ground of health alone; and on that ground should receive the consideration of the legislator and the physician.

### FEMALE INDUSTRIAL HOME.

THE immediately preceding remarks have had more particular reference to the proper employment of poor *men*; but while we are considering *their* wants, we should be careful not to overlook the wants of females.

If the interest of a poor male population requires national workhouses, the requirement of the same class of institutions for poor females is much stronger. The great number of women who find it difficult to procure a sufficiency of work at decent wages to live on comfortably, is immense; they are generally less fitted to rough it in the world, and less capable to enter into competition with the crowding and pushing of modern civilized society; the result of which is that they suffer longer and more acutely, though, perhaps, making less complaint. For this class of females there should in every state be provided industrial homes, where, under the direction of proper officers, they might labor at some branch of business that would not merely support them, but would allow the industrious to lay up something for future comfort. These institutions should be separate from the male homes or workshops, and the inmates employed upon some branch of labor where females can be most lucratively engaged. In other respects, they should be conducted upon the same principle as the male houses.

From institutions of this character there can be no doubt that a vast amount of good would flow to the poorer classes of our country; and that they would greatly tend to the banishment of abject poverty from among us, with the concomitant evils of disease, mental and moral degradation, and crime, I most fully believe. Indeed, it may be so asserted, without reservation or doubt upon the subject.

The articles manufactured at these state institutions should be so disposed of as to realize the largest profit, instead of being thrown into the hands of speculators; and the surplus proceeds should be distributed for the benefit of the laborers.

### REFORM SCHOOLS.

THE subject of instituting Reform Schools, or State Farms, for the purpose of educating in habits of morality, and instructing in useful branches of mechanics, or in agriculture, the vicious and criminal youths of a country, instead of putting them between the walls of a prison, and in company with old and hardened men, has en

gaged, of late years, the attention of legislators in this country. And wherever the idea has been carried out, it has proved of the most beneficial character.

Maine has its Farm School for this purpose, of about two hundred acres, two miles from Portland, recently established.

Boston has its "House of Reformation" for youths, which has been in operation for twenty years. The institution has been the means of great good to juvenile offenders. They are there educated, and, after a period, discretionary with the directors, are apprenticed out to farmers, mechanics, or seamen—and become good members of society, a blessing to others as well as themselves.

Massachusetts has a large State Reform School at Westboro', which has been in operation four or five years. The inmates are employed in various ways—some on the farm, some put to trades. Many have been apprenticed out, and the reformatory process has been beyond the expectation of the most assured friends.

Providence has also opened a "House of Refuge" for juveniles, with what success I am unable to state.

Connecticut has also made appropriation for the same purpose, and, I believe, it is thought the institution will soon be in operation.

New Jersey has an institution of this kind, under an appropriation of about \$15,000 from the Legislature. It is located on a farm of seventy-five acres, three miles southeast of Princeton. It has not been in operation a sufficient length of time to judge of its moral results.

Philadelphia has its "House of Refuge." About two thousand boys have been apprenticed from this institution, and without doubt the most of them saved from a life of crime. It has equalled the anticipations of its founders. The earnings of the boys, in the workshops, are about one-fourth the expense of their support.

Baltimore and Cincinnati have also established Houses of Refuge.

New York city established the first institution of this kind in the country, twenty-eight years ago. There have been five thousand received into it. At Rochester, there is another institution of this character, established in 1846. The farm contains forty-two acres.

The number apprenticed from these establishments (being considered as greatly improved in their character), is full of encouragement. The proceeds of labor speak well for the good habits of industry which the inmates form. The expenses of these establishments are but a little more than twice as much as the labor of the juvenile delinquents, so lately arrested, so short a time committed, so soon to be apprenticed, of an average age not exceeding thirteen years, and not long since placed in circumstances tending so powerfully to utter ruin.

Into these places, where they may be reclaimed from viciousness and sin, where they may be taught virtue, morality, and religion, and educated in the common branches, and from whence they may be sent out into the world good and useful members of society, every youthful offender of the laws should be put, instead of in the prison. In ninety-nine of an hundred cases, they will be improved by it. And also, all those children who have no parents to take care of them—who have no work—no means of education—no stepping stones to virtuous life,—but are left to the society of the abandoned and the vile, to be led down the road of sin—should be taken. It would be a great step to prevent much of misery and crime; and I hope we may live to see the day when every State in the Union, and every city of

size, will have established a Farm School, or a House of Refuge, as a home for the destitute youth, and a place of reformation for the juvenile offender.

To send a *youth* to the state prison for an offence against the laws, can hardly fail of being productive of evil. To enter a prison stamps the youth with ineffaceable and eternal infamy, like the mark of the heated iron upon the living flesh; makes him an outcast from society forever; sets his mind in enmity against his fellow-men; accustoms him to the company of the hardened culprit, and fits him for the commission of other and more desperate deeds of crime; so that he comes forth into the world, at the expiration of his sentence, having taken unto himself seven other devils worse than at the first; and instead of being reclaimed, and made a respectable man of by proper kindnesses and persuasions, he is rapidly hastened forward in the downward road of crime, that leads to infamy forever! Therefore, we should establish and sustain *reform schools* for youthful violators of the law, and other kindred meritorious and heaven-pleasing institutions, through which to minister to the moral, the religious, the intellectual, and the physical wants of those over whom circumstances in life have exercised deleterious effects.

The only objection of moment that rises up against these institutions is one made by unthinking tax-payers—that it *costs* so much to support them. Let us consider of and dispel the force of this objection.

It is indeed true that a reform school for juvenile offenders draws somewhat upon the treasury of a state; but it operates upon just this principle. A man who has caught a severe cold, may, by a trifling outlay of trouble and expense, succeed in breaking it up, and relieving his system of its injurious effects. But, if he neglect it—if, because a dose of medicine will cost a shilling, he suffers it to go on, and more to be added to it—the result sooner or later very often is, that a fever is induced, or a consumption propagated, the which will not only cost the individual *many dollars*, instead of a shilling, but may carry him to an early grave. So that, considered in a mere *pecuniary* view, the shilling for reformation at the outset would have been wisely used. Now the vicious boy stands in the same pecuniary relation to society as does the cold to the human system. If we do not spend a *dollar* to reform him, the chances are ten to one that his after career will cost society, in various ways, *many hundreds of dollars*. He will be likely to become a non-producer; he will make cost to other people to watch him; he will very probably occasion several trials, before courts; he will become an expensive man to society in numerous ways. So that we may certainly consider that every dollar of taxes used for reformatory purpose upon the young, will save the expense of an hundred dollars upon that person, which he would incur for us if left to his vicious ways. And what is true here, is also true in all matters of like character, and in all preventive and reformatory measures, and also in all properly conducted sanitary measures for the prevention of sickness. This is a point which should not be overlooked; one which is obvious, and yet one that continually rises up before the philanthropist, from the brains of men who do not investigate such matters.

#### MAGDALEN ASYLUMS.

In all large places where prostitution exists, there should be a Magdalen Asylum, with a hospital attached. Here both body and soul of the abandoned woman



should be cared for. She should be restored to health, if possible; she should be instructed in the ways of virtue and religion, and every means taken to restrain her from a life of misery and shame, and restore her to the world in some useful, honorable and noble capacity, where she may become purified in mind and fitted for happiness in eternity. By this method I have no doubt much could be done towards the suppression of prostitution; and, at the least, much of the disease that grows out of it might be avoided. Upon the subject of Locke Hospitals, says Rev. Dr. Wardlaw, in his lectures, "Even on moral and religious grounds, apart entirely from the claim which all suffering, whatsoever may have been its cause, has to pity, I should conceive it unmerciful to object to such an institution. The disease in question, if left to itself, would hurry its victims to a wretched end, and thus put a speedy close to the possibility of any means for their spiritual and eternal benefit—for their rescue from sin and perdition. On this ground, if for no other, for the sake of giving them space for repentance, I would plead for the cure of their bodies." To this is added the moral necessity of a Magdalen Asylum, so that, when restored to health, the woman might find some other way of life than going back to the path of pollution; that there should be attempts to instruct, restrain, and save her from further sin, and in time send her forth into the world a useful member of society. "There can be no question," he continues, "that a large amount of benefit, both temporal and spiritual, has resulted to fallen females from the institution of asylums, as places of refuge from the temptations of the world, and from the imminent danger to which, in their state of outcast degradation, they otherwise stand exposed, of returning to their former courses."

Every institution of this description should seek to raise the fallen and reform the guilty; and should stretch out the hand of mercy to the destitute and homeless female, when no prospect but that of prostitution, from abandonment and want, is presented before her. It should also see to finding places of lucrative employment, of an honest and fitting kind, for all women desirous of abandoning the life of the harlot—after being restored to health. Upon this principle institutions have been founded in London, and through their saving influence many thousands of females have been reclaimed—been reconciled to their former friends, have found good places to earn an honest livelihood, and many have married and lived creditably.

None of us can but be aware of the difficulty that is met with by a female in endeavoring to return back to respectable society, even after she has committed no other fault than that of yielding her person to the caresses of a wily and deceiving seducer; one who, by long protestations of earnest and endearing love, or under promise of marriage, has robbed her of purity in the moment of a passion he had artfully excited, or won her consent because out of the very kindness and love of her heart, she would not deny the importunities of her destroyer. There is forever after a mark set upon the woman; and often, and most unjustly, she is cast out into the world by her relatives, and left with little before her but the trade of the courtesan. She *would* come back to a life of virtue and usefulness; but the desire, in our society, if not denied, is so treated that it seldom finds gratification. This ought not to be. Places to which the unfortunate and repentant woman may go and find a home free from pollution—from whence she may obtain a situation that shall afford her an honest livelihood—and be reclaimed back to the world, should exist in all large places. Every city of size, and every state in the union, should possess and support an institution of this character. Because a woman has once sin-

ned, after being first sinned against and left to shame and scorn, is she therefore past mercy and redemption? I think not. Our Saviour has taught us a different and a better doctrine in his words to repentant Mary Magdalen. That doctrine should be ours, rather than the coldness and the scorn that is met with by the repentant prostitute. When the wicked or the vile *would* abandon their ways and return to virtue and morality, the proper mediums through which they may come back to their lost estate should be provided. The cause of health, the cause of morality, the cause of religion, and also the pecuniary interests of society (if people are to object to Magdalen Asylums upon the score of cost) would be greatly benefited by the establishment of these institutions.

### FOUNDLING HOSPITALS.

THERE is scarcely a day passes by that we may not read in the reports of criminal intelligence of the murder of one or more new-born babes by the unfortunate and outcast mother. The growing increase of this unnatural crime among us, especially in the larger cities, and the fact that the law does not operate to prevent it in a great many cases, seems to demand the attention of law-makers to some other modes for its prevention than now exist in our country.

It would naturally be supposed that the love of a woman for her offspring, even though it were the child of sin, would forbid its destruction by her hand; but that it does not always do this, facts of every-day occurrence show us. And when we recollect that in most instances the females who practice this unnatural crime are those whose sin was that they "loved not wisely, but too well," and who have been deserted by heartless seducers and left to the scorn and coldness of the world, to become disgraced and be cast out from respectable society, it should certainly detract from the height of our wonder that they sometimes strive to hide their own shame and dishonor by leaving the fruit of the womb to death. And we may rest assured that, law or no law, while the feeling at present existing in society against frail and betrayed woman continues, there will be many who will endeavor to save their reputation at the expense of the life of the child, and of their own peace of mind on earth and hope of happiness hereafter; we shall continue to hear of child-murders, although not the hundredth part of those committed, nor the thousandth part of the abortions perpetrated, will ever reach the ear of the public.

In other places in this work, and especially under the head of "Abortions," I have spoken of early marriages as a most sovereign prevention for the great mass of these unnatural crimes. But as early marriage does not generally prevail, it is our duty to make other provisions, in the hope of checking the destruction of infantile life by downright murder. While people continue to be born with passions such as they now and have always possessed, and while the seducer is ready to rob the beguiled and amorous woman of her virtue, so long will illegitimate children be conceived. About every great city, the depraved libertines will ever congregate, and unsuspecting and thoughtless women will ever fall their victims, in abundance. And from this class (and perhaps from others)—erring, but deeply-injured woman—robbed of her choicest jewel—keenly feeling that the knowledge of her folly by the world will render life no longer worth possessing—seeing herself a scorned and perhaps guilty thing—turned out upon the world after ministering to the lust of her

betrayed—her system, both physical and mental, weakened by confinement and anxiety, the reason of the woman often totters on its throne, and she encounters crime in the hope of preserving a position in society which she cannot bear the thought of losing. Of cases like this there are thousands that never come to light: and ~~thus~~ does child-murder flourish!

If the woman has been guilty of *one* folly or crime, shall we so leave matters as to induce her to commit *another* and greater, or shall we seek to offer an inducement which shall prevent the second? We see that neither fear of discovery nor dread of punishment operate to lessen the number of abortions and child-murders; for they are on the constant increase! We cannot prevent folly, nor passion, nor deception in the matter of sexual love; but we may do something to prevent the murder of the child of sin, by eradicating the temptation to incur it; and this simply by availing ourselves of the wisdom of older cities, and erecting a FOUNDLING HOSPITAL, where the wretched mother may unseen deposit the illegitimate fruit of her womb, and save alike the life of her child and her own reputation in society. And thus would both infanticide and prostitution be checked; for, it is well known that the houses of ill-fame find many recruits from those who have been disgraced and cast out from society, by a knowledge of their first folly being known to the world through the birth of an illegitimate child. Had there been a way whereby the unfortunate mother could have saved her reputation and the life of her child also, there can be no doubt that in the great majority of cases she would, instead of sinking to the life of the harlot, have learned wisdom from her first folly, repented her indiscretion, resolved to sin no more, and become a respected, honorable and useful member of society.

Continually does the wily seducer ply his arts to ensnare the unsuspecting woman. By presents, by delicate attentions, by cautious displays of exciting novels or pictures, by moving yet passion-breeding words, and amorous glances and actions, by oily persuasions, by rides in the hours meet for love, by protestations of undying affection, by promises of marriage, by apparently innocent yet dangerous contact of the person, and perhaps by stimulating medicines or drugged drinks; by these and by all the ways of seduction, does the man seek to rob the maiden of her virtue. Too often he succeeds! and then leaves her to shame and misery! How long it may be before the maiden yields herself to these enchantments, we may not always know; but as Absalom sat for years in the gates of the city of David, that he might win the people to rebellion, so sits the seducer often for years at the feet of female virtue before the citadel is surrendered. And then he loathes and despises her he has so long labored to win! he abandons her! and she, finding the germ of a new life within her bosom, beholding disgrace before her in the birth of a child; thinking of the kind parents whose hearts will be broken at the knowledge of her shame; and the anguish of brothers and sisters, and friends, and the laughter and scorn of a cold and unthinking world—turns to abortion or infanticide to save her from ruin! Is this strange? And for such is there to be no pity? Is there no hand to be stretched forth to save the innocent babe from death? There might be, if, while importing all the follies of Paris and other European cities, we would import also some of their wisdom, and erect a foundling hospital, at the gate of which the child might be deposited, notice thereof given by ringing a bell, and the wretched mother be left to go her way unknown, to repent of her folly or crime, without adding thereto the sin of murder. In such an institution the child might be reared



to a proper age, and from thence be adopted into some respectable family that had not been blessed with offspring, and there might be raised to honor and usefulness, without bearing with it in the eyes of the world the stain of illegitimacy. Thus would good be effected in diverse ways; the heart of the christian and philanthropist would be rejoiced, crime would be diminished, and society be improved.

In this connection I would suggest if it would not be well that with a foundling hospital there should be connected an institution to which every woman, the victim of the seducer, might repair *privately*, to be there delivered of her child away from the knowledge of the curious and unfeeling world; and from whence she might go back to society without the fact of her seduction being known; and thus her character be saved, and herself more securely kept from the dangers of falling into prostitution. It is indeed worthy the consideration of philanthropists, if it would not be well that every place of size had its public lying-in hospital, so arranged that every inmate should be strictly *private*—and so that no one might know who was therein. When the daughters of wealthy men have fallen and are with child out of the pale of wedlock, it is a matter of every day occurrence that they are sent off to some secluded place, for confinement, and return in a few weeks without the fact of their having become a mother being suspected. Thus their characters are *saved* from reproach, and their children from the abortionist—they are secured from shame; and once having passed the ordeal and not fallen in the sight of the world, they learn wisdom, and in general are not again led into temptation. Had their shame been published abroad, the chances would have been good that they were ruined forever. I leave for consideration, if it would not be better for us that the state should make provision for a similar mode of rescue for the less wealthy, and consequently less likely to escape the infamy that is ever attached to the unfortunate woman who becomes the mother of an illegitimate child. Of two evils, would it not be wise to choose the least?

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"A whip for the horse, a bridle for the ass, and a rod for the fool's back."

"Curst be thy weapon, which, to blame or praise,  
E'en like a two-edged 'catling,' cuts both ways."

"WIFE, THIS BOY IS FIT ONLY FOR A DOCTOR!"

SUCH is said to be the exclamation of many a father over the most ignorant and imbecile of his sons; and it is because we have doctors made out of such sons that the mass of the physicians of our day are blunder-heads and ignoramuses.

As the Scripture saith, "Not all that cry Lord, Lord, are fit to enter the kingdom of heaven," so do I say that not every physician who declares himself acquainted with the lungs and their diseases, is fit to treat the patient when suffering from consumption. Ninety and nine of an hundred of the doctors of the present day are in reality blind as to the nature, prevention and cure of lung and consumptive diseases, and shamefully, often wilfully and doggedly, ignorant upon these subjects.

The truth of this is readily made apparent to the careful observer by noticing

the contradictions that arise between members of the same school of physic—the difference of their opinions, and the various treatments of different physicians—and their guessings and experiments in a case of consumption, or the yielding up of the patient to death without an effort to save him; and a *post mortem* examination of the lungs of one of their patients doubly proves their ignorant blindness, and their utter inability to properly treat the consumptive.

I have been completely through the whole routine of this matter, and speak here what I know to be the truth, the whole truth, and nothing but the truth, to wit: That all doctors, whether learned or unlearned, who pretend to treat consumption under the head and title of colds, are ignorant and medically blind. At the same time, they seem to glory in their imbecility and idiocy regarding the curability of consumption. I thank God that, though once myself lacking proper information upon these subjects, because I had not sufficiently investigated, nor invented the Lung Barometer, I now see how and why I was lacking, and I have the frankness to acknowledge it.

Blessed indeed would it be for mankind in general, and for the consumptive in particular, if they were left to nature alone to effect a cure for them, rather than be killed by ignorant and blindfolded physicians, who pretend to be solons in the healing art, but who are no more nor less than legal man-killers. At the present day invalids generally had rather trust their lives in the hands of honest mechanics and plow-drivers than to be slaughtered by pretendedly scientific but actually ignorant "medicine men," many of whom are the refuse of the human creation, crammed into the clothes of doctors and fitted with "sheep-skins" as passports for the wholesale slaughter of their fellows. I admire the invalids' discretion, and hope for a glorious reform in the field of medicine.

From the kind and quality of numerous physicians that are every year manufactured and turned out into the world by our medical colleges, it would seem that the poorest of all possible materials had been taken out of which to make them. Generally speaking, they are half idiotic young men whose fathers very rightly judged were not fit for any other business nor qualified to get a decent living in any other way. And heaven knows they are not fit to make doctors of; they would be scouted at in any other profession, and most certainly could never have been educated to make even tolerable mechanics. Many of them are bribed through college—pushed in and shoved out; for of themselves they would not know enough to go, and would have got through only by being guided in at one door and kicked out at the other. They are like the idiotic plow-boy, who could not drive through the bars without knocking down both posts; and it may be doubted if they would know enough to get in at a barn door. It is an old and very true saying—so often exemplified as to be considered the general rule—that if a rich man has several sons, and one of them plainly shows that he has not enough of natural smartness to make a respectable figure as a lawyer, minister, statesman, judge, or scientific mechanic, he is manufactured into a doctor. And it is out of such base and worthless, cast-off and despised material as this, that we have that class of physicians who pronounce consumption incurable. The fact is, if these same doctors were fed on anything but spoon victuals, they would die of the gout; being altogether too lazy to exercise enough to keep off that disease, or to investigate enough to understand medicine. Independent of a few professors in the colleges, who lead the mass, as the farmer leads his bull, by a ring in the nose, they are excessively dull and stupid,

and, like the psychological subject who tastes things sweet or sour, according to the will of the operator, or sees a snake in a walking cane, so do these doctors taste, see, think and act psychologically according to the will of the professor. The sum total of all their worldly knowledge is contained in this arithmetical sentence—One hundred cents make a dollar. Beyond this they never have seemed to think it was possible for medical skill to go.

If we trace back the history of these men, what shall we find them to be? Mere ciphers, unless to be more than nothing is to be worse than nothing—lacking in brains and barren of intellect. These pretenders to medical skill may be surrounded by the shadow of knowledge, but its substance they have never possessed; their heads could not contain it; if ever it went in at one ear it passed immediately out at the other, as the wind passes through the cracks and knot-holes of an ill-built barn. They were never made to contain information, much less to conceive it and impart it to others. They are like to those officers in a man-of-war who are said, in the language of the tar, to have “crept in at the port-holes.” As men unfit for sailors are smuggled in at the port-holes of a vessel, so are these doctors smuggled into the medical profession through colleges by the gold and influence of their fathers. They are not self-made men—they are not the men of science nor of heroic renown. These men do not labor and strive against disease—they make no regular battle against King Death, but with dainty hands, incased in white kid gloves, feed out medicines to their patients, ignorant and heedless of their effects.

The self-made men of the world—the men of action and worth—the men who by glorious deeds have done service to their country and their race, were different from these indolent ignoramuses, who fold their hands in quiet, and say to the sick and afflicted—Your case is past recovery; we can do nothing for you. David dared the powerful and haughty Philistine, and went forth to meet and to slay him with an humble sling; Bonaparte scaled the snow-clad Alps to conquer the enemies of France; Washington met the power of the British lion and gave liberty and equal rights to the people of America; Taylor and Scott endured the burning suns of Mexico, and the hardships of camp and war, to bombard the strongholds of the Mexicans and bring wooden-legged Santa Anna to terms of peace. These, and other glorious deeds have self-made men performed; but where is the physician who has fearlessly gone forth to meet consumption, bombard his forts, scatter his armies to the four winds of heaven, and at last capture and bind in chains the destroyer himself, that thereby might be wrought out welfare for the afflicted sons and daughters of Adam? No physician has thought this could be done—none have undertaken the task, until the author of this work headed the enemy of mankind, conquered and took him prisoner, and declared liberty to the consumptive. But the battle has been fought; victory has perched upon our banners; and the sweats of pure blood, health, happiness and longevity are liberally offered to the millions who will follow the dictates of this guide for the afflicted. And thrice blessed will they be who read it without prejudice and treasure up its truths.

The author wishes no higher honor than that of being a servant of the sick, to restore them to health and continue them in the possession of that inestimable blessing unto a good old age, and without distinction of name or sect, persuasion or occupation, in or out of the schools of medicine and science. His warfare is not against men, but against *disease*; not against medical skill, but against ignorance and pretension: not against the welfare of the sick, but to the end that all may



enjoy health and attain to the fullness of days without encountering the waves of sickness or the seas of trouble.



No. 56.—HEALTH FOR THE SICK.

#### CURE OF CONSUMPTION.

*"The fault is not in the physic, but in the rude and indiscreet handling of it"*

DOCTORS generally pretend that consumption is incurable, because they cannot cure it themselves; but this does not make it true. Many mechanics will work on a job all day, and after doing nothing but to spoil the material, they will tell you it never can be done in the way you want it. But by applying to a better workman—one who thoroughly understands his business—you will get your work accomplished in shape.

In this respect, there is the same difference to be found in all trades and professions. The bunglers in mechanism, in the arts, in law, in theology, and in physic, will say such and such things cannot be done. And it is very true that they could not be if all men were like themselves. But, fortunately, there is another class of men; and these, when they take your case in hand, do the job as you want it, or restore you to health—according as is your desire. We have only to remember this fact to understand why one physician should pronounce that incurable which another can cure. In mechanics, we sometimes find that by the possession of superior means, by some new invention, of which he has the sole use, or by the greater ingenuity of his mind, one person will make or do what *no other one can*. Exactly it may be so in physic. And this is the very reason why I have had such great success over all others in the treatment of consumption. By having the original genius, by possessing the Lung Barometer, which enables me to clearly determine the nature of the disease, and by having such remedies for consumption as no other physician ever had, I make bold to say, that I have, and can, effect cures of this disease beyond the reach of any other man. To prove this to have been the case, I might give you numbers upon numbers of certificates from men and women given over to the grave, but who were rescued and restored to health by the persevering use of my

remedies for consumption. But it is not necessary for me to do so here; for the fact of one man being able to do what another cannot, will be evident to all who read the illustration preceding. If the consumptive wishes further proof than this, I can only say, come and satisfy yourself by trial of my skill in the cure of your complaint, or read certificates of cures.



DR. H. K. ROOT, M.D.,

THE SEVENTH SON, AND CELEBRATED DOCTOR OF THE BLOOD,

*Standing in the midst of a constellation of great and rare geniuses, as the Wonder of the Age in the Healing Art.*

THE number seven has in all ages been considered as a remarkable number, and as containing great mystery and power; and those coming under its influence have been noted for remarkable possessions and natural gifts.

Among the Jews, seven was a sacred number, and supposed to contain many mysteries. The cause of the veneration may be traced to the hallowing of the seventh day at the creation of the world. The Jewish traditions also ascribe to it a mystic holiness, from its being composed of the sacred numbers three and four—three referring to the mystery of the Trinity in unity; and four to the ineffable name of Jehovah, as written with four letters in the Hebrew. Seven was also regarded as the perfect number, because in that number of days God perfected the work of creation.

The sacredness of the number seven may be traced throughout all Scripture

Besides the seventh day of creation, there was the seventh consecrated year of jubilee; the clean beasts were admitted into the ark by sevens; the seven lean and the seven fat kine, and the seven ears of wheat in the dream of Pharaoh; the seven branches in the golden candlestick, which were typical of seven lights, a perfect ministry in the Church; the seven bullocks and seven rams offered in sacrifices; the seven priests, who with their trumpets encompassed Jericho seven times; seven days, in prophetic language, meaning seven years, or a week of years; and very many other instances.

In the New Testament we read of the seven loaves with which Christ performed the miracle of feeding the multitude; and of the seven baskets of fragments that were left. Here, indeed, was the fullness of the number seven shown. In Revelation, there is made mention of the seven churches of Asia, seven spirits before the throne, seven stars, seven kings, seven golden candlesticks, seven seals, seven thunders, seven trumpets, seven angels, seven mountains, seven golden vials, seven last plagues, the lamb with seven horns and seven eyes, and the dragon with seven heads and seven crowns, and the seven lamps of fire, which are the seven spirits of God.

The Jews walk around the body of the dead seven times, repeating prayers, that the sacred number may drive away evil spirits from the corpse. They mourn seven days for the dead, after the manner of Joseph, who mourned seven days for Jacob. In the book of Kings, we read that Elisha sent Naaman, the leper, to wash seven times in the waters of the Jordan. In Isaiah iv. 1, it says:—"Seven women shall take hold of one man." In 1 Samuel ii. 5—"She who was barren hath borne seven children." In Amos it is often repeated, "I will not pardon the seven sins of Damascus," &c. In Proverbs xxvi. 16, "The sluggard is wiser in his own conceit, than seven men that can render a reason." We read, also, that Jesus cast seven devils out of the woman; and of the man who took unto himself seven devils worse than at the first.

A veneration for the number seven has also existed in the heathen world, arising from the seven hallowed days, and connected with the seven planets, believed to make celestial harmony. The Sabians believed that the earth was governed and fructified by seven planets, and performed their devotions seven times a day. Pythagoras taught this number to be above all the most proper in religion, and Apuleius recommended dipping the head seven times in the sea for purification. In classical mythology, the seven-stringed lyre of Mercury bears an allusion to the seven-toned celestial harmony; and seven often occurs as a sacred or remarkable number.

It is remarkable that the power of the number seven seems displayed in the human form in the SEVENTH SON. King David was the seventh son, and one of the greatest of men. Numerous other cases might be cited, in which the seventh child has seemed to be gifted with peculiar and striking powers. The late distinguished Henry Clay (the seventh child) is an example in illustration of this point. The seventh son is endowed by nature with peculiar powers and perceptions; and for thousands of years it has been observed that the seventh son is a *natural born physician*, gifted with those particular mental qualifications requisite for the scientific medical man, and possessing them to a much greater extent and power than other persons. Of this the observations in the past leave us no room to doubt; they compel the admission, by all candid persons, that the seventh son is a *natural physician*; and, as such, much better fitted for a doctor than any one else can possibly be



The author of this book is a seventh son, a natural physician—gifted both with qualifications to become renowned in the great art of healing the sick, and appointing length of days unto the despairing. He was born with two veils over his face—and gifted with a rare and peculiar insight into the causes, character, modes of prevention, and cure of diseases of the human frame, and with a natural controlling power over them. To this natural gift he has added the results of long study and practical observation—having probed the very secrets of disease, and become possessed of the power to ascertain their cause and their workings; and has also studied the views of the various schools of medicine in the country, and become intimate with every manner of treatment.

All men are not endowed by nature with the same peculiarities of genius. Of this the most common observer may become aware, by looking about him in the most limited locality. Were it so, there would be no diversity of talent—no diversity of action, or of invention. In one man we see manifested a natural adaptability to mechanical pursuits, which, if rightly cultivated, renders him famous in the world of invention; in another is as clearly shown a mathematical talent, which works out wondrous problems, and leads to new discoveries of planets in the realms of space; in yet another there is evident a correct and artistic taste in the arrangement of colors, and of lights and shades, and in him we behold the natural painter; a fourth is gifted with great venerative and reverential feelings, and in him we see the natural born instructor of the people in things spiritual and holy; still another manifests wondrous critical and investigating mental powers, and we may see him as the learned and honored judge upon the bench; yet another has a natural gift for music, and ere the days of his infancy are past, he is making harmony in sweet sounds; another has his genius attuned to song, and he is immortal in the realms of poetry; and another is gifted with a peculiar physiological and mental combination, leading him into the great science of medicine, where, and where only, the natural bent of his inclination has found satisfaction in its pursuits.

It is, indeed, true, that a man *without* any mechanical talent may be a mechanic, by dint of long study and experience; but he will always be a *second or third rate one*! No amount whatever of education or polish will ever bring him to that eminence in his occupation, which is *easily* attained by the man of *natural gift* that way. This is true in all occupations and professions; it is not less true in medicine, than in mechanics, or in painting, or in music. There may be expended upon a block of granite a large amount of labor, to polish and render it beautiful; but howsoever much there be, the block will remain granite ever—it will never become marble; nor will ever be susceptible of that high state of finish and perfection to which the marble, with much less of labor, may be brought. And the man who was destined of nature to mould and form the parts of the steam engine, may by study become a physician; but he will never be a skillful physician: the same amount of study by a man *born for that profession* will make him as superior to the other as is the marble to the granite. The one was intended by Nature to doctor machinery—the other as obviously to doctor the human system; and these two, nor any two, should ever exchange fields. But this is often done—and hence there be bunglers in both the mechanic arts and in medicine, as in all other occupations and professions.

Speaking of this diversity, the Apostle Paul holds forth for our instruction—"For to one is given by the Spirit the word of wisdom, to another the word of knowledge, to another faith, to another the *gifts of healing*, to another the working of miracles, to

another prophesy, to another divers kinds of tongues, to another the interpretation of tongues." "And God hath set some—first, apostles; secondarily, prophets; thirdly, teachers; after that, miracles; then *gifts of healing*, helps, governments, diversities of tongues. Are all apostles? are all prophets? are all teachers? are all workers of miracles? *have all the gifts of healing?* do all speak with tongues? do all interpret?"—[See 1 Cor. xii.]

So not only do reason and observation show to us that some are born with natural adaptability to become physicians, but even the words of the Scriptures bear testimony to the truth. And as the author of this work was unmistakeably pointed out from his very birth, as the seventh son, to become a physician, he but obeyed the voice of Nature and of Revelation in entering the field of medicine for the benefit of the suffering of the human race. To attest the truth of this, everything conspires; and with full faith in his calling being of omnipotent design, he embraced and cultivated the Healing Art, with what success the thousands who have been cured at his hands, through the providence of God, will bear witness, as they rejoice in the health they enjoy. "And as I have been lifted up," the sick have been drawn to me. Therefore, "Walk while ye have the light" of medicine before you, lest ye walk in the darkness of ignorance: "for he that walketh in darkness knoweth not whither he goeth"—he stumbles in sickness, and falls straightway into death.

## QUESTIONS TO INVALIDS.

DR. ROOT is happy to inform invalids living at a great distance, to whom it might be inconvenient or impossible to personally wait upon him, that a letter, post-paid, with the usual fee of one dollar enclosed, describing their complaints according to the following formula of questions, will receive prompt reply, advice, and medicine, either by letter or express:—

What is your name, age, occupation, and residence? what country a native of? robust or delicate constitution? wasted in flesh, and how much? what is your original weight? slender or stout? do you stoop? chest open and straight, or bent and contracted? ribs lapped? Give the measure of your chest. Married or single? how long married? what age when married? have you been disappointed in love? marry the object of your love and affections or not? marry to suit parents or friends, or yourself? compelled to marry a person you did not love? have children or not? how many?

*Family Complaints.*—Parents long or short lived? living or dead? what disease die with? consumptive, scrofulous, cancerous? hereditary deafness, blindness, dumbness, or any other complaint? have brothers or sisters? are they healthy or sickly? are they consumptive? are they dead? and if so, at what age did they de cease, and of what disease?

*Head.*—Aches in front, top, or back of the head? sick or periodical aches? dizziness, or noises in the ears? suspect grub in the head? blur before the eyes? catarrh—much or little? ear without wax, or have humoral discharge? cancer or poly pus in the nose? glanders, resembling catarrh?

*Neck.*—Swelled neck or tonsils? throat tuberculous, cankerous, ulcerated, or festered? suspect worms in the throat? have tickling in the throat? tongue coated with mucus? if so, what color?—is it white, yellow, grayish, or black? have hoarseness? voice weak? loss of singing or voice? cancer of the tongue or tonsils of the neck?—if so, what kind, and how long standing? scrofulous or venereal sores, internally or externally, of the throat or neck?

*Pain.*—In side—left or right? in head, neck, or collar-bone? between the shoulders, under the blade, in back, loins, chest, pleura, bowels, stomach, spleen, womb, rectum, bladder, or pit of the stomach? flying pains, or hot flushes? pain in kidneys or heart? pain stinging, dull, or spasmodic?

*Cough.*—Always had it, or recent? is it constant? had it how long? little hacking cough? most at mornings or nights? on exercise or laughing? is it a teasing or tickling cough? much, little, or by fits?

*Expectoration.*—Raise much, little or none? what quantity per day or night? is it coughed or vomited up? is it thick, watery, stringy, or frothy? white, yellow, bluish, black, or bloody? raised blood?—how much at once? will the matter rise or sink in water? is it salt, sweet, or fresh tasted? suspect grub in either lung?

*Heart.*—Palpitate, stoppage, trembling, enlarged, rheumatic, cancerous, dropsical, softened, or ossified? suspect grub in the heart? any gnawing, or sharp, stinging pain? spasms, or paralysis of the heart? nervous? have frightful dreams of any kind? have bad sleep?

*Breath.*—Short, cut off, free, hurried on exercise, or by going up hill or up stairs?



asthmatic? bad by spells? all or parts of nights? how long had it? endure to walk well, or run a foot race? lie best on right or left side, or back?

*Chills.*—Night sweats? how long had them? fever daily? hectic fever? flush of the cheeks? chills daily? chills like water running down any part?

*Stomach.*—Appetite good, craving, or poor? have sinking, trembling, or all-gone feeling at the stomach? sourness? food rise or distress you? have wind in the stomach? nauseous, when coughing? subject to vomiting? faint, sick, or sleepy after eating? headache after eating? stomach irritated, inflamed, or cankered, by poisonous liquor or tobacco? taken any poisons accidentally, injuring the stomach? have bitterness or gall in the stomach, periodically? how many meals do you eat a day, and at what hours? how many fasting days in a year, month, or week?

*Bowels.*—Costive, regular, sluggish, or weak? have looseness or diarrhoea? cancerous? suspect grub of the liver? copious and sudden discharges from the liver and bowels? bowels bloated? ridge across the bowels from either side? any piles—blind, bleeding, or external? pain after stool? have colic? falling of the rectum? round worms, pin, or tape worms? suspect snakes, frogs, or lizards, in stomach or bowels? ruptured—in right or left side, or at the navel? fistula of the rectum—internal or external? more than one?—have you been operated upon for fistula?

*Liver and Spleen.*—Liver large or small? active, healthy, or diseased? hardened, tumorous, or cancerous? have sharp, stinging pain of the liver? gall stones? obstructed gall? gnawing or dull pain? liver adhere to the lungs or chest? spleen hardened, tumorous, cancerous, or grubby? occasionally swell? skin yellow or dark spotted? blood bluish and weak?

*Womb.*—Have falling, bearing down, or swelled womb? courses regular? too often, too late, too much or too little? painful? have they stopped, or not commenced? suspect ulcers, cancers, tumors, grub or polypus of the womb or ovaries? had miscarriages? if so, how many? how far advanced in pregnancy? have healthy or sickly children? or had none at all? are you fruitful or unfruitful?

*Kidneys.*—Healthy or diseased? too large or too small? suspect giant strongle, grub or stone in kidneys? are they ulcerated or cancerous, or wasting away? does the water scald? is it thick, or limpid? have too little or too much? is it bloody? filled with sediment—red or white? troubled about holding the water? is it high-colored or offensive? bladder gravelly, irritated, or ulcerated? had strictures or venereal disease? any spinal disease or curvatures?

*Feet and Hands.*—Cold, hot, or swelled? any sores or pimples?—what kind? numb, rheumatic, gouty, or paralytic? varicose veins? had them broken or amputated?

*Face.*—Freckled, pale, yellow, brown, rosy, red, pimpled, scrofulous, venerous, or grubby? have erysipelas, or burning of the face? cancers on the gums, lips, or nose?—rose, spider, wolf, bloody, or black scaly cancer? the ears, eyes, or mouth cancerous?—if so, how long standing, and how much consumed?

*Eyes.*—Weak, inflamed, or sore? lids red? lost either eye? blind? eyes been filled with powder, steel, or sand, by blasting? eyes blue, gray, hazel, or black? grubs or worms in the eye? erysipelas or humors? have you worn spectacles?

*Temperament.*—Sanguine, nervous, bilious, or lymphatic? hair red, black, brown, auburn, light, sandy, or gray?

*Skin.*—Clean, freckled, thick, or thin? dark, or light? rough, or smooth and soft?

any cracking, itching, or burning? have salt rheum, scrofula, erysipelas, itch, or leprosy, white, red, or black? skin scaly?

*Doctored?*—much or little? taken any mercury? had hard fits of sickness? typhus, bilious, lung, scarlet, or ship-fever? had ague and fever? measles, small-pox, putrid erysipelas? had fits of any kind?—if so, how often, and how long standing? light, cramping, or frightful? does the fit deprive you of memory? has it impaired your mind, threatening idiocy?

## CHARGE FOR MEDICINES, ADVICE, AND EXAMINATIONS.

TERMS CASH, IN ALL CASES.

ADVICE and examination, in ordinary cases, personal or by letter . . . . .	\$1
In difficult cases, requiring more time and attention . . . . .	5
Course of medicine, with treatment, at my office or by letter, two months or less . . . . .	20
Obstinate, dangerous and difficult cases . . . . .	30
Cases of cancers, tumors, and fistulas, with attendance, three months or less, from . . . . .	\$30 to 100
Dangerous, obstinate and difficult cases . . . . .	100 to 500

Charges for visits to patients will vary according to the distance, time occupied, and the nature of the disease.

As in justice due to my own reputation, and for the best interest of the patient, I shall hereafter take no cases under my charge to give medicines, treat, and feel a particular interest and responsibility in, for less than a course of medicines, costing \$20; and must charge more, if the nature of the case and the welfare of the patient demand a more expensive series of prescriptions, in order to restore the invalid to health.

Persons wishing to treat themselves, at less cost, and who are willing to depend upon their own judgment as to the nature of the complaint, and to assume the responsibility of their own lives, can obtain my circulating medicines, for individual or family use, carefully and especially prepared for each and every class of complaints, and accompanied with full directions for use, which will do all that is possible for such kind of treatment. Terms, cash in all cases. The medicines can be obtained at my office, or can be sent by express to any part of the country, on reception of the money by letter.

By this arrangement, all persons who obtain my book can know my charges in the different cases of sickness much quicker than to write for prices of medicines, &c., await a return of letter, then order what they desire, and wait again its arrival by express, subject to detentions and the like. In this latter way, often the invalid dies before the medicines can reach him, when he might have been saved if they had been obtained earlier.

When I enlist my services and medicines in behalf of invalids, I want to feel and know that I have a chance to do all for them that can be done, without calling on them constantly for additional fees for medicines; which troubles and perplexes the patient and often prevents a cure. The mind of every invalid should be at once at

case upon the matter of the expense; and under this arrangement I can give or send immediately such additional remedies as the case of the invalid may require to restore a state of perfect health. Again, I wish invalids to feel that if they manage their own cases, they alone are responsible for the good or bad management of them; and that if they confide themselves to me, I shall perform my duty to them faithfully, punctually and skillfully, in all that pertains to the science of the healing art.

The prices of my Circulating Medicines may be found attached to the notices of each article.



## DOCTOR, WILL YOU WARRANT A CURE?

THIS is a question every day asked of every physician who has much practice. It is a startling question; and one which, if the patient would recollect that death is appointed unto *all*, and that sooner or later *every one* must go down to the tomb, he would never ask of man. I do not pretend to know how other physicians answer this question, but for me, I will say that life is not in my power to give nor death in my power to always stay. Those who ask this thing of men, ask what only God can give or withhold; though often physicians pretend to *guarantee* a cure, when the invalid is exacting.

I often have this query put to me by persons who have been through the treatment of other physicians, and been by them pronounced past all hope of recovery. And though I have rescued hundreds of this class, and restored them to health, I cannot always depend on the faithfulness of the invalid, to check the ravages of the disease. Though life is pretty much in man's own hands for a goodly number of years, and though he may, by obeying all the laws of health, put afar off the day of death, it does not, therefore, follow that man is never to die, however skillful the medical treatment he may receive. But the cases are so many in which men, even after they are sick, do not do as they ought to, to attain health again, that no physician should risk his reputation by *warranting* them a cure. Such a thing as *knowing* that you can cure a man, when perhaps in an hour from the time he leaves you he is doing something that will be of injury to his health, is altogether out of the question. Therefore, no man can warrant a cure. Nor should any physician say to his patient, in many diseases, that he will guarantee to cure him; for the effect of this often is that the patient will relax all efforts of his own, grow careless, and depend altogether upon his physician—a result much to be deplored, and which is frequently fatal to the patient.

Another reason why we cannot *warrant* a cure is, that many invalids are careless, and so soon as they get a little better, they neglect themselves, go back into bad habits, and fall into an incurable relapse. Others will not suffer an inconvenience, or abjure a luxury, or take a medicine which is not pleasing to their palates. Others still are too penurious to procure for themselves even the necessities of life, and the comforts which a sick man should have, much less to purchase the medicines necessary to restore health. Still others are influenced by their near friends, who oppose all efforts at recovery unless the physician employed happens to be some one whom they exactly like; or because the invalid has a large property to leave behind. These are a few, and sufficient reasons, why no physician can *warrant* a cure.

If an invalid has not full and entire confidence in a physician, and a preference for him, he should not apply to that physician nor take his medicines; because usually the patient will not improve so fast under the treatment, (so powerful is the effect of the mind upon the body,) and the physician will lose his reputation. An honest, candid and skillful practitioner will tell his patient he will do all he can for him; and at the same time he will urge the patient to do all he can for himself by obeying the laws of health, and by using care and caution. And when both parties do this, and attendants do their duty, the rest must be left at the disposal of Providence. An invalid should never ask a physician to warrant a cure, for that is

beyond his power. Let them take the medicines as prescribed, feeling a confidence in the skill of the practitioner, then take good care of themselves, and their chances for recovery will be much better than if they took medicines doubtfully.

To invalids, who would apply to me for aid, I would say, if you have not confidence in me, and in my skill, do not apply to me. I do not desire any patient to come in that way, although I have cured hundreds of this class; for every one who knows what is the effect of the mind upon the body, will readily see that patients who take medicines *doubtfully*, are quite likely never to get well, and thus my name and reputation are lost, and my prospects for being useful to my fellow-men destroyed; because, no sooner does the skillful physician lose even a single patient, no matter what circumstances surround him, than he is assailed by blustering and ignorant quacks, who would feign reduce his reputation to a level with their own. I desire the patronage of only those invalids who are well-disposed, who have faith and hope; who are persevering; who are content with having reliable scientific treatment; who will take medicines as prescribed, follow the advice given, and do all that is in their own power to recover their health.

"HAD I ONLY KNOWN OF OR SEEN DR. ROOT, MY FRIEND MIGHT HAVE BEEN SAVED FROM A CONSUMPTIVE'S GRAVE."—This is the exclamation I almost daily hear from those who have recently consigned to the tomb some relative closely connected to them by the ties of consanguinity and love. What a pity that any should suffer for the want of skillful aid. Too often the invalid hears of the healing physician when there is no hope of getting his services or his medicines, in time to save him from the tomb. Others apply to me, who, from some reason or other—the persuasions of friends or other causes—do not take my advice and use my remedies; and, when they are dead, their friends regret in agony of heart the neglect that proved the ruin of the consumptive.

Let the sick and the afflicted remember that there is a physician skilled in the cure of the various kinds of consumption, who can sympathize with them, and lend a helping hand to those who are in distress. A "still small voice" often speaks to the invalid, pointing to the healing physician, and urges the danger of delay; but too often it is turned away unheeded until it becomes too late to receive help. Thousands have lamented their neglect to consult me, and become acquainted with my skill in the cure of consumption. They were led by false doctrines to believe there was no help for them. How pitiful that it was so.

When you have read this book, send it to your friends, lest they too should fall victims to consumption—which the teachings herein presented would prevent, if followed and obeyed. From the light which it throws on the nature and cure of consumption, it will be received with grateful hearts by thousands. It will be a key to the cure of all diseases—the secret of health to the sick.

## THE LUNG BAROMETER.



No. 58.—LUNG BAROMETER.

The above is a representation of that truly wonderful and highly useful invention, Dr. Roor's celebrated infallible Lung Barometer, for examining the chest and lungs.

It is my candid opinion that no case of diseased lungs can possibly be understandingly treated by any man without the aid of the Lung Barometer. It is true that a cure *may* be effected without first using this instrument; and again it may not; for only by this can it be determined with certainty what is the condition of the lungs: therefore, all cures performed without it are rather accidental than skillful; for if a mistake be made as to the exact condition of the organs of respiration, the very medicines which in one case would cure, would in another hasten the patient to the tomb. To proceed *surely*, it will be obvious to every one, that we must proceed *understandingly*. If we proceed in the treatment of a patient after having a perfect knowledge of his condition, we are as the man who walketh at noon-day, and does not stumble, because his eyes see all the difficulties that beset his path; and, beholding them, he is guarded against falling over them. But if we treat a patient without first being fully acquainted with his state, we are like him who walketh in the shadow of midnight: he seeth not the stumbling blocks that are in his path, and ere he be aware of their presence, he is precipitated headlong over them, and tumbles into the ditch. Now the man who treats the consumptive, after an examination with the Lung Barometer, is as the man who walks in the light of the day; he who treats one without first using this article, is as he who walks in the darkness of the night. And it is only after making use of this instrument that we can determine what treatment the lungs require.

Without the test of the Lung Barometer, we cannot determine whether or not the lungs are receiving too much or too little air for their strength. This article tests the strength of the lungs; it measures the cubic inches of air they inhale; it indicates the progress or the decrease of the disease; it gives the exact locality of the disorganization; it tells us whether the lungs should receive more expansion or not; and by symptoms, points out the different kinds of consumption, and indicates tubercles, ulcers, or grub; and whether there is or is not disease of the lungs, heart, or liver.

Expansion of the lungs by inflation of air, with exercise of those organs, has been made use of in almost every age for the cure of pulmonic affections. The medicinal effects in strengthening the lungs, and curing their diseases, was in great repute among the Greeks. They instructed the weakly to inflate their lungs, and then hold their breath, and walk, lift, and jump; bend forwards, sideways, and backwards; and throw the arms and shoulders forwards and backwards. Afterwards,



improvements were introduced upon this system, by talking, shouting, hoofing, singing, clamoring vehemently, and with change of voice. This exercise of the lungs and muscles was designed to strengthen and expand the lungs; inflate and open the air cells; diffuse new air and life throughout the lungs; cleanse the ulcers; suppurate those not ready to discharge; and thus operate beneficially upon the lungs, blood, and general health.

The system of inflation and exercise of the lungs has been practised to considerable extent in Germany, Italy, France, and England; and before its introduction into this country, Lænnec, a celebrated French physician, advocated it strongly, as beneficial in pulmonary complaints. Dr. Ramadge, of London, established a hospital, chiefly for the relief of lung and chest diseases, which met with great success, owing mostly to the practice of inflation and exercise, whereby good air was copiously admitted into the lungs. This inflation and exercise was introduced into the United States by Dr. Howe, a celebrated dentist, and has since been made successful use of in many cases by several physicians. The most of these, in inflating the lungs, have, for the sake of making money, used a catch-trap called the "inhaling tube," which is no more nor less than a humbug, inasmuch as all necessary inflation can be just as well, and even better performed, through the natural organs of respiration. If you wish to inhale an extra amount of air, you have only to close the mouth, stop one side of the nose, by placing your finger on the outside, and you can fill the chest and lungs to their utmost capacity. By this simple movement, you have a *natural* inhaling tube, much better for your purpose than any *artificial* one ever yet manufactured, or that ever will be. I say a *better* one; for you not only can thus fill the lungs and the chest with air, but you have the advantage of having the air which is taken into the lungs *filtered* from a large amount of dust by its passage through the nose: whereas, if you breathe through an inhaling tube into the mouth, every particle of dust in the air you breathe is taken into the lungs, and to the great injury of those organs—creating irritation and inflammation.

But inflation of the lungs, whether by the use of the inhaling tube or otherwise, if not governed in some way, often proves dangerous, instead of beneficial. Extra inhalation of air, without a guide, is much like a steam engine, without its regulator and safety-valve. There is danger of a collapse! This I considered in examining and testing the inhaling tube; and I saw that without a regulator and guide, inflation of the lungs beyond the natural breath must often prove injurious; whereas, with a guide, it might at times be beneficial. Therefore, I determined to invent something which should indicate the proper periods for inflation—which should tell when to commence and to leave off extra inflation, and show whether or not the lungs could bear more air than was taken at the common breath, and how much more. I am slow to adopt any system in the cure of disease, until satisfied that it is more beneficial than hurtful; and, once having adopted a system of treatment, I always desire some rule by which to be governed, and some compass to guide my operations. In inflating the lungs, I could not find this compass until I first brought the Lung Barometer into being. Now I have an infallible guide; and after having examined my patient, can tell him what to do. If inflation is needed, as is sometimes the case, I give him the necessary and proper directions; and by this treatment, and the aid of my medicines combined, tubercles are made to suppurate and discharge; ulcers are healed; grubs dislodged; the air-cells enlarged; the blood supplied with plenty of good, pure air; new life and vigor is imparted to the lungs

and blood; expectoration is made free and easy; coagulated and diseased blood in the lungs is rendered pure, or forced out; a rapid circulation of pure blood instituted; bleeding at the lungs prevented; no blood allowed to remain in the lungs to coagulate or putrify, and disease and ulcerate them; and many other benefits derived.

By the invention of the Lung Barometer, I have been able to save at least 80 per cent. of those consumptive cases given up by other physicians, and pronounced incurable. I am happy in knowing that through this consumption is made a curable disease; and take pleasure in being able to say, that I seldom fail in restoring a consumptive patient to health, when he is persevering, and faithful, and honest, in taking the remedies prescribed. [For further knowledge of the Lung Barometer and its uses, see other articles in this book.]

Since the invention of the Lung Barometer, and its introduction, a number of years ago, before the public, by the author, numerous persons have made repeated unsuccessful attempts to imitate the article, and have endeavored to deceive and mislead the unsuspecting by asserting that the contrivances they possess are exactly like the Lung Barometer of Dr. H. K. Root. I deem it a duty to the afflicted to say, that the asseverations of these unprincipled men are base falsehoods. It is a fact well known that the first instrument of the kind ever introduced to the public was brought out by the author; and as its principles and mechanism have always been kept secret with the inventor, and no one has been allowed to examine the article, all imitations of it must be base and worthless. There have never been but *three* Lung Barometers constructed: two of these are now and always have been in the possession of the inventor; the third is deposited in the Patent Office at Washington. Every article called a Lung Barometer, with the exception of the three made by the author, is no more than a *blow-pipe*—and all of them are entirely destitute of the peculiarities of internal construction which characterize the Lung Barometer of Dr. Root. They are no more capable of testing the condition of the lungs than would be so many tin whistles.

As the value of the Barometer of Dr. Root has become widely known, and as the fact that \$100,000 were offered the inventor for the patent right of it has transpired, it is not at all surprising that designing men should endeavor to imitate the invention, in order to make money. Cupidity is the inducement of base and vicious people. Therefore, in order that the public may not suffer from the deception of false lights, I take this method of placing them on their guard. Remember that the only Lung Barometers ever made are the *three* of Dr. H. K. Root—that one of these is in the Patent Office, and the others are in possession of the inventor; and that only by applying to him can you have your lungs accurately examined. Should the Lung Barometer of the author ever be introduced *for sale*, the public will be informed accordingly, and instructed as to where they can find the genuine and perfect article.

#### SUSPENDER AND SHOULDER BRACE.

THIS article is of great importance in expanding the chest, and strengthening the chest and spine. I have invented a Suspender and Shoulder Brace combined, which serves a *double purpose*; and which is pronounced by those who have used it to be altogether superior to any other now in use. The object of it is to counteract the

tendency to round shoulders and contraction of the chest, strengthen the spine, expand the chest, and give play to the lungs; and to give an upright and graceful figure, conformatory to the laws of life and health.

The Suspenders and Shoulder Brace will support the pantaloons with much more ease and freedom than the common suspenders. I am confident that many consumptive cases have been in great measure induced by the use of India rubber elastic suspenders, which are constantly acting to produce round shoulders and contractions of the chest, and to stop healthy action of the ribs; and these result in small lungs, capable of containing but little air; and this, in its turn, results in debility, disease, and death. Suspenders, and straps on the bottom of the pants, have caused the death of many people.

Ladies wearing my Shoulder Brace, attach their skirts to it, thus relieving the bowels of the weight of those garments. Many cases of falling of the womb, miscarriage, continual menstruation, green sickness, or whites, and other female complaints, might be prevented by the use of the Suspenders and Shoulder Brace.

The power of the Brace can be regulated, as well as the set of the skirts or pants, by means of buckles, which let out or take up the Brace at your pleasure, so that every one may be perfectly fitted. Exact symmetry of the person is obtained by the use of this article; while it has no pads, belts, steel-boards, or India rubber, to cause weakness, as many braces do.

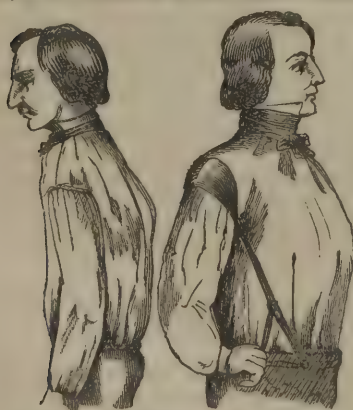
No brace, belt, suspender, or strap, should be allowed to hinder the action of the chest in respiration. All persons, in whatever pursuit of life, should wear a well-adjusted brace, to give proper symmetry to the chest and shoulders, and strengthen the spine. Where one shoulder or one hip is higher than the other, this article will be found excellent.

A well developed, large, round, and erect chest, we may consider as an excellent basis of good health, as it indicates large lungs, perfectly expanded in every part—every cell filled with air at each respiration. Without this the lungs will tend to tuberculous and ulcerated conditions, ending in death of the patient by consumption.

The evils of poor braces were so manifold and great, that I found myself compelled, in the treatment of some cases of consumption, to invent a brace which should

be *exactly right*, and would answer all the purposes required, without in the least injuring the health. The result of my labors in that direction was the production of the Suspenders and Shoulder Brace which I now offer the public.

One of the annexed figures represents a person who has used the Suspenders and Shoulder Brace, which has given him an erect and full chest, such as nearly every person can obtain by attending to this matter. The other that of a man of stooping form, and small chest and lungs, who has never applied proper braces, nor taken any pains to expand his chest, but



NO. 59.—FLAT CHEST. FULL CHEST.



contracted habits that lead to the contrary. Such a person would be addicted to disease of the lungs, heart, and stomach, and would naturally be a short-lived person because his lungs, heart, and liver will be contracted and small.

One of the figures annexed is that of a lady who has worn the Brace. The ladies of Europe will be found to possess this figure more generally than the ladies of this country, because they take more interest and pains to cultivate a fine, full chest. I would recommend their example as worthy of imitation; for a full chest not only gives better security for health, but is also much more beautiful. A well-developed chest is a glory to any woman. A person of the other form would most surely be an invalid, with weakness throughout the lungs and chest, and would also have that soreness and sinking at the pit of the stomach, which is always produced by stooping forward.



No. 60.—CONTRACTED AND WELL-DEVELOPED CHEST.

The ladies will find my Suspender and Shoulder Brace excellent for their use, it being light, elastic, and easily adjusted, so as to support the weight of the under garments, and secure them in their proper position. The figure and attitude of the ladies of this country is sadly neglected. How few of the young and beautiful walk erect with dignity and grace. They contract a habit of bending over while engaged in their various occupations, and this is not counteracted by any system of physical development. One might suppose the object was to contract the chest, and thus deform it and provoke disease, while it should be to develop that portion of the human system, and thereby not only beautify the figure, but give strength and vigor to the whole system. How often the remark is made, "She is a beautiful creature, but what a pity she stoops;" or, "how feeble her constitution." Every one should know that stooping and round shoulders are alike destructive to both elegance and health, and that "a perfect and noble chest is the grand basis of all good health."

In this country symmetry of figure is almost entirely overlooked by every class of people. Considering the high intelligence of the people generally, the universal neglect of this important subject seems almost unaccountable. From the great negligence of the best principles of health and symmetry in our person, result many diseases which awfully shorten human life. At a very early period, with scarcely a thought of its bad consequences, either upon health or elegance of figure, a great many persons allow the habit to creep upon them in a most insidious manner, of stooping and allowing the weight of the shoulders to press forward upon the collar bones, breast bone, and ribs, which materially contracts the chest, compresses the lungs, heart, and stomach, (the most vital organs of the human body,) and thus bring on some of the most fatal diseases.

The price of the Suspender and Shoulder Brace for ladies or gentlemen, varies from \$1 to \$2 per single one. Terms cash. They can be sent by express or other-

wise, according to direction, to any part of the country, or may be had at my office, 512 Broadway, New York.

#### FRENCH MALE SAFE, AND FRENCH MALE PREVENTION POWDER, FOR THE PREVENTION OF CONCEPTION.

THE French Male Safe is an invaluable and indispensable assistant in the maintenance of health. The gentleman should use it in all cases where the wife is laboring under poisonous mucus discharges from the uterus, or ovaries, produced by cancers, ulcerated tumors, venereal or leucorrhœal poisons, or menstruation; because the male being electrified by the female during the act of sexual intercourse, he partakes sympathetically in greater or less degree of her disease, and thereby is made sickly.

The Safe should be used if either party be in a state of intoxication, or excited by strong drink, and persists in cohabitation at this period, for the reason that if conception take place at this time, the semen will be electrified with the influences of that intoxication or excitement, and the effect upon the offspring will be lamentable. The child will be very likely to be foolish, or be gifted with an irrepressible desire for the intoxicating cup. Also, if either party is under the influence of any strong excitement, the Safe should be made use of. In this connection I would quote from Plutarch's *Morals*, where he says: "I would advise that no man keep company with his wife for issue sake, but when he is sober—as not having before either drunk any wine, or, at least, not to such a quantity as to distemper him; for they usually prove wine bibbers and drunkards, whose parents begat them when they were drunk: wherefore Diogenes said to a stripling somewhat crack-brained and half-witted, 'Surely, young man, thy father begat thee when he was drunk.'"

It is remarked by Burton, in his *Anatomy of Melancholy*, that "if a drunken man gets a child, it will never, likely, have a good brain."

Combe remarks "that the faculties which predominate in power and activity in the parents, when the organic existence of the child commences, determine its future mental disposition." Of this he gives several striking instances. And it was remarked by the celebrated Esquirol, "that the children whose existence dated from the horrors of the first French revolution, turned out to be weak, nervous, and irritable in mind, extremely susceptible of impressions, and liable to be thrown by the least extraordinary excitement into absolute insanity."

The Safe should be used in every case where the male has any disease of the genital organs, so as not to impart it to the female; also, if he have poisons in his blood, to prevent conception till his system is purified from them. Also it should be used during the nursing months, to keep the food of the child from being injured. Every lady is aware that nursing does much to prevent pregnancy; and if so, it is obvious that the secretion of milk for the child must be disturbed, and will perhaps be poisoned, by cohabitation without the Safe. What parent is so blind to cause and effect as not to notice the uneasy, nervous and pale condition of the nursing child, with sickened stomach and impaired digestion, arising from the impurity of its natural food, often made so by sexual intercourse? From this cause many an innocent child has been hurried to the grave in the nursing months, and many more rendered unhealthy through life. While prostitution abounds, there is no security

for life and health but in the use of the French Male Safe. Thousands of the human family are every year being corrupted in their blood, by poisonous humors transmitted from one to another in sexual intercourse, and by cohabitation while suffering from diseases of the womb and organs of generation, all of which might be avoided by the use of the French Male Safe, and can be in no other way.

The Male Safe should also be used in all cases where the wife has any malformation which renders the production of offspring dangerous to her life, or is in any other way so situated or constituted that the birth of a child endangers life. There are many ladies who could not pass through child-birth and live; and where this is the case, surely no man who has any regard for his wife would risk her life in that manner. Therefore it is best, in these cases, to always make use of the Safe or Powder, and prevent a conception. It is the only security; and those who do not avail themselves of it, may repent over the corpse of a loved wife in sackcloth and ashes. Indeed, there are instances constantly recurring, where it is the part of wisdom in both parties to make use of these articles.

The prevention of conception is in many cases not only due to the woman as regards her health and life, but is truly a religious duty. Would it not be sinful in the sight of man and in the sight of heaven, to let conception take place, where there was almost a certainty that it would cause the death of the woman, and perhaps take from a family of children their mother and their guide? He who would not avail himself of the discoveries of science, in such a case, is not deserving the joys of the married life. In all cases of malformation, in those of inability to bear children without obvious danger to life and health, in cases where the female has contracted a habit of miscarrying, and in many cases of consumption, it is the duty of both parties to avoid a conception. Physicians generally have neglected to guard their patients against death in this particular; and the result is that thousands have been carried to an early grave whose lives might easily have been saved, to be the joy of husbands and children in after years. And those physicians who, being acquainted with these matters, do not open the door of salvation to the wearied, are guilty of a most grievous sin of omission.

To wives and husbands situated as I have noticed above, the French Male Safe offers full security to health, to life, and to the proper state of the infant's food, by preventing conception in all cases, and by avoiding any impression upon the genital organs of the mother; while, at the same time, it allows of perfect enjoyment in cohabitation, and thus saves the risk of consumption incurred by many husbands by a suppression of the semen. To prevent conception, merely, the French Male Prevention Powder may be used with entire safety. Both these articles are designed for the male. They operate to prevent conception, but not to disturb the fetus after conception has taken place.

In relation to the matter of conception and of prevention, Dr. Hollick has the following remarks: "It is well known that there are many severe diseases to which females are subject, that can never be removed while they conceive; but which, if uncured, are sure to become fatal, and probably also descend to their children. Some females also have deformed pelvises, and can never bring forth live children, while others are *certain to die* if the child remains in the womb till it is a certain size. Besides these cases, how many there are that remain in constant ill-health and suffering from continued child-bearing, without the possibility of relief or escape



"It is not generally known that it is the regular custom in medical practice, when a female has a deformed pelvis, or is otherwise incapable of being delivered at the full term, to *produce abortion*. This, however, is the invariable custom! and it is done because it is thought better to sacrifice the fœtus only than to let both die, as they assuredly would if the gestation were allowed to proceed. Now it may well be a question in such cases, whether it would not be better to teach how to prevent conception altogether. I am confident that much of the horrible practice of procuring abortion, now so prevalent among married people, is caused by the want of simple and reliable means of prevention.

"There are few persons except medical men who have any idea of the extent to which the revolting practice of abortion is now carried, nor of the awful consequences that frequently follow from it. Every female who undergoes any of the disgusting operations practiced for this purpose does so *at the risk of her life*, and to the almost certain destruction of her health if she survives. Those that take drugs are also equally exposed to risk. Every female may be told with truth—and, indeed, every one ought to know—that *there are no safe means of abortion*. It is true that some few may undergo the ordeal in safety, but none can depend upon doing so, and the chances are ten to one that death, or the evils referred to, will follow. A general knowledge of this fact would do much to prevent the practice, but it would not do away with it altogether, unless some *reliable means of prevention* were known, and in many cases it must become a choice between abortion and prevention.

"Some people will say that it is possible for persons to avoid having a family without using preventive means. But the deprivation required *will not* be undergone by the great mass, and cannot be undergone without the most immoral consequences. It is sheer absurdity to suppose that the promptings of nature can be totally unheeded; and illicit intercourse and vicious habits of self-indulgence would certainly follow a total deprivation of the marital right in most instances.

The most obvious means of prevention is that alluded to in the Bible, as having been practiced by Onan. But this is not advisable. It is a mere act of masturbation,—unsatisfactory and injurious. It is extremely hurtful to the male. A portion of the semen remains undischarged at the time, and escapes slowly afterwards, giving rise to a weakness and irritation of the urethra and seminal ducts, which in time becomes permanent, and lays the foundation for *involuntary* losses and final impotence. I have known many married men much injured in this way, and am confident that much female exhaustion and nervous irritation result in the same way. The use of caustic or mineral injections after association, to destroy the semen, has led to serious evils. Nor are they always effective, though doing serious injury to the vagina. Suitable vegetable decoctions are far preferable, in all respects, being both healthful and certain. Very many I have met with seriously injured by the constant use of mineral injections; besides this, they in a short time destroy the sensibility of the parts entirely, and lead to total indifference and sterility. The introduction of a sponge, as is sometimes the case, prevents the contact of the womb with the male organ; and this contact is often necessary for the production of a proper state of excitement, without which there is simply an injurious irritation to the female, without any gratification.

Among some a plan is adopted more injurious than any of the above—it consists in forcibly compressing the male organ just previous to emission, so that the

semen cannot escape. In all cases where this is done the emission is as complete as if nothing of the kind had occurred, only it takes a different course. The semen passes into the urinary passage, and enters the bladder, and is expelled with the urine. The consequence of this is that it soon begins to take that course always whether compression be practised or not, and the man becomes sterile in consequence, and is liable to inflammation of the urethra, vera montanum and bladder, and suffers from spermatorrhœa, till eventually his powers are lost altogether. Masturbators who practice the same thing are liable to the same difficulties. It is a most destructive practice.

Females who are in the habit of taking a dose of quack prevention pills, or powders, as often as having sexual intercourse with the opposite sex (which is not unfrequently from two to six times per week), will deeply repent in the hours of sickness, poor health, and consumption, such foolish imprudences (so dangerous in the extreme) of preventing conception, as well as the destruction of health, with such nostrums. Ladies should never take any internal medicines whatever, by the mouth and stomach, or otherwise, as it is unnecessary, and uncalled for in the prevention of pregnancy. The idea is absurd; and for a woman to dose her life and bowels out with the most poisonous drugs—immediately after one, and every intercourse, which is sufficiently debilitating—is totally abusive. The prevention of pregnancy is a great moral and vital subject, of importance to the incompetent to bear child, which concerns, and *should claim the prompt attention of the male sex*, that man may be able to protect the woman with safety, should such prudences be deemed necessary by the parties respectively concerned.

As some may be ignorant of the method referred to, it may be prudent to state that the French Prevention Powders are not taken internally, like all other obnoxious preventions (by the mouth and stomach), but are a simple, pleasant, and effectual remedy against the prevention of conception, without causing any irritation, inconvenience, or ill effect to the sexual organs—*and used only by the male*. But aside from these valuable preventions (and they lead all other like discoveries, heretofore known), the wisdom and science of the age adds a still more important secret and revelation respecting this same great subject, whereby even the Male Safes and the Male Prevention Powders can be dispensed with, if desired! The discovery is of a late modern date, and is so near perfection that a more *superior prevention* will never reach the annals of medical science. This last discovery does away with the use of any internal medicines whatever, pills, powders, caustic washes, and of all such expensive and useless nostrums,—allowing the gratification of the passions in their most full and natural enjoyments. This wonderful discovery was made by the Author. On the receipt of \$10 by letter, post-paid, or otherwise ordered, full particulars and directions will be given to any lady or gentleman in regard to the new and valuable discovery of preventing conception.

The price of the Male Safe is \$5 per dozen; \$3 per half dozen; \$1 the single one. Of the Prevention Powder, \$5 a box. These articles must be ordered direct, and if by letter, the money must be inclosed. They can be sent by mail to any part of the country, at common letter postage, and with perfect safety. No agents allowed to sell them; so that there can be no counterfeiting, and the articles may be perfect. All letters considered confidential, and promptly attended to. Directions for use accompany the articles.

## DR. H. K. ROOT'S SIXTEEN VEGETABLE BLOOD REMEDIES

### WHAT IS LIFE?

A twisted yarn—a whirling flood—  
A curious web of CIRCULATING BLOOD.

"For I will cleanse their blood that I have not cleansed."—Joel iii. 21.

### DR. ROOT'S BLOOD RENOVATOR,

*For the speedy and permanent cure of General Debility, Female Complaints, Scrofula, Erysipelas, Salt Rheum, Nale Humor or Itch, Cancers, Tumors, Ulcerated Sores, Fistula, Scurvy, Tetter, Scald Head, Ring Worm, Pimples, Blotches, Piles, Deafness and Discharge from the Ears, Blindness, and all Diseases of the Skin, Head, Lungs, Liver, Spleen, Stomach, Kidneys, Womb and Blood.*

THE perfection of any art or science depends upon the certainty, or truth, of the principles upon which it is based. Many pursuits are dignified by being called arts and sciences that deserve no such names, because they are based merely on assumed facts, or hypotheses, and have neither truth nor stability. Astrology and magic were once called sciences, but not being based on true principles, or facts, are now neglected and despised. So of that branch of medical science, called the "Regular," which being based on the deference paid to antiquated *authority*, cramps the mind, blinds by bigotry, warps by prejudice, deals with isolated facts, and scorns an investigation into first principles. The consequence is inevitable—the system and men of the lancet, mercury, calomel, and dangerous mineral poisons, and horrible and useless butchering operations, are losing caste, and may be soon matters of history.

In Genesis, chapter ii. and 7th verse, we read:—

"And the Lord God formed man out of the dust of the ground, and breathed into his nostrils the breath of life, and he became a living soul."

This passage proves that AIR is the real and first grand cause of primary human action. We also read, that:—

"The LIFE of the flesh is THE BLOOD thereof."—Gen. ix. 4.

"For THE BLOOD is the LIFE."—Deuteronomy xii. 23.

"For the LIFE of the flesh is in THE BLOOD."—Leviticus xvii. 11.

"For the LIFE of all flesh is THE BLOOD thereof."—Leviticus xvii. 14.

BLOOD, therefore, forms the body. AIR keeps it in circulation. Blood alone is the producer of every part of the body while in the womb; it is only after birth, when the LUNGS are expanded, that air becomes a primary element for the continuance of existence and health during the period of life.

Dr. Root's theory is, that as all diseases have their ORIGIN in the BLOOD, through the blood only CAN the cure be effected, and the SCIENCE of LIFE and the ART of HEALTH understood. All diseases, I believe, take place, either: 1st. The seeds are sown before birth by the constitution of the parents. 2d. From touch, introduction, inoculation, collection of impurities, poisons and costiveness. 3d. By the diet, habits, treatment of disease in youth, or carelessness, which begin to lay the foundation of bodily misery; but still every person has within him the germ of pure



blood, which being purified of its dross, as a machine, when cleansed of the materials which have clogged its movements, goes as well as ever, so also does the blood course freely and purely along its arterial avenues when under the influence of the Blood Renovator.

DR. ROOT DECLARES HEALTH AND LONG LIFE TO BE WITHIN THE REACH OF ALL.

Price of the Blood Renovator . . . . . \$1.00 per bottle.

Orders for single bottles or by the quantity filled by Dr. H. K. Root, 512 Broadway. Terms cash. All letters must be post-paid, to receive attention.

Country dealers supplied by Dr. Root, or by wholesale druggists in New York.

### DR. ROOT'S ANTI-BILIOUS PILLS,

*For the prevention and cure of Costiveness, Bad Breath, Indigestion, Acidity in the Stomach, Jaundice, Sallow Complexion, Liver Complaint, Piles, Summer Complaint, Grub of the Liver, Spleen and other organs of the system, and all humors and impurities of the blood, &c., &c.*

NOTHING has stimulated the curiosity of man, nor tasked his intellectual faculties, more than the art of preserving health and preventing disease. We have innumerable remedies for different disorders, but hitherto nothing has been discovered for their *prevention*, and for the REMOVAL of the CAUSE when they make their attacks. Indigestion is a GREAT CAUSE of human maladies, but although Abernethy knew this fact, he could not discover a remedy for it. Nebeus, the ancestor of Hippocrates, confessed, that if an antidote could be compounded to the first cause of illness, the skill of the physician would seldom be required, and Hippocrates made the same admission. It was a saying of the Emperor Marcus Aurelius to Galen, that medical men satisfied themselves with lopping off the branches, and then the trunk of a disease, but never went to its root. This complaint has been reiterated in our own time; but fortunately for the suffering world, the invention of Dr. Root's ANTI-BILIOUS PILLS has remedied the evil. They are the most beneficial discovery for mankind that ever was made; a few pills taken weekly will nerve the frame against every complaint—and those whose constitutions are already impaired by disease will find in them a panacea which will restore them to the blessings of health, until the decay of nature puts a termination to their lives. What renders them more valuable is the fact, that being strictly BOTANIC and VEGETABLE, they may be taken without hindrance of business, or danger to the body, either of man, woman or child. The epicure may gratify his appetite without danger of incurring apoplexy, or other results of over-eating, by the use of these pills. Another remarkable feature possessed by these Pills, is, that, in addition to PREVENTING or REMOVING DISEASE, they *enrich the blood* and strengthen the body!

All other pills weaken the frame, produce debility, and physic and reduce the blood, so that they are worthless and hurtful rather than real blessings to the invalid.

Dr. Root's ANTI-BILIOUS PILLS are healthy agents, and combine a two-fold operation in their wonder-working powers; they are *purgative* and *tonic* at the same time, and only operate to strengthen; just as we melt the brittle ore previous to hardening it in the same furnace. The most feeble constitutions become repaired and fortified by them. All therefore that need be added, is a recommendation to every family to possess themselves of them, which, if done, the WHOLE COUNTRY WOULD BE FREED FROM ALL DISORDERS.

Our VEGETABLE ANTI-BILIOUS PILLS we unhesitatingly pronounce superior to any pills ever before offered to the world, for every possible purpose for which pills are ever taken. They cause no pain, sickness or griping. They are easy, safe, and efficacious. They are purely vegetable. Not one particle of mercurial or mineral poison enters into their composition. They are the result of immense study, pains, and expense, to bring them to their present perfection; and the public may be certain that these pills are the *ne plus ultra* of all purifying medicines. Besides, they are more than three times as cheap as any others; inasmuch as *one pill* is sufficient to thoroughly cleanse the system, and ordinarily half of one; whereas from three to four is the ordinary dose recommended of all the pills of the greatest celebrity that are now offered to the public, so that in purchasing one box of the Pills at *twenty-five cents*, you get in quantity, to say nothing of their superior quality, what in other pills would cost you *one dollar*.

Individuals and families have only to try them, to be astonished at their redeeming qualities, and to adopt them instead of any others.

Retail price per box, 25 cents. Single boxes can be sent by mail to any part of the country.

Orders by letter from merchants in any part of the country, addressed to Dr. H. K. Root, 512 Broadway, or to any wholesale druggist in this city, will receive immediate attention, and the Pills will be forwarded by freight or express.

No medicines forwarded from Dr. R. till paid for.

All letters must be post-paid to receive attention.

#### DR. ROOT'S HEART REGULATOR,

*Permanently cures Palpitation, Spasms, Stoppage or Debility of the Heart, Ossification of the Heart, Veins or Arteries, Rheumatism, or Water about the Heart, Fits, Nightmare, or Stagnation of the Blood, Sinking, and All-gone feeling of the Chest, &c.*

How many and sudden the deaths caused by Heart Disease! Ladies and gentlemen, men of every occupation, are more or less afflicted with dreadful diseases of the heart. The merchant, the professional man, the clerk, the mechanic, the day laborer, the mariner, and ladies in all the varied walks of society, are alike liable to affections of or about the heart; and when once this great vital engine of life has become diseased, there is no security against the individual at any moment falling into the jaws of sudden death, unless he gives proper attention to his health, and uses the means which scientific research and profound study have collected to restore the diseased

organ to its original state of health and strength. Physicians have in times past considered diseases of the heart to be beyond the saving skill of medicine; but by the invention of Dr. Root's celebrated Lung Barometer, and the discovery of his Heart Regulator, he has the pleasure to announce that they may be cured, when all other means have proved of no avail. The grand starting point—the difficulty of ascertaining the true state and nature of the complaint—has heretofore been the reason of the unsuccessful treatment of these diseases, which is now overcome. We must know the nature of the disease, then the appropriate medicine for that disease can be safely given, without experiment or failure.

Never be without this invaluable and redeeming Heart Regulator, as it has saved its thousands from sudden death. Keep it in your bed-rooms—take it with you on journeys, and as you value your life, which is above all price, never for a moment be without it at your command. Keep the heart healthy, and the blood pure, and you will live to old age, and die with the natural decay of the body, like the vegetables of the fields or the trees of the forest.

Heart Regulator, per bottle . . . . . \$2.00

Terms cash; can be ordered direct from Dr. H. K. Root, 512 Broadway, or from any wholesale druggist in this city, and be sent by express, or as freight with other goods, to any part of the world.

### DR. ROOT'S LUNG CORRECTOR,

*For the speedy and permanent cure of irritated, inflamed, ulcerated and tuberculous or bleeding Lungs; Grub of the Lungs or Liver; Bronchitis, ulcerated or tuberculous Sore Throat; Loss of Voice; Chronic Catarrh; Tickling Cough; Night Sweats; Hectic Fever; Croup, Asthma, and Expectoration of a thick, watery, white, yellow, bluish, greyish, or dark colored matter, and all Pulmonary affections.*

YEARS of the severest trial, instead of in the least impairing the confidence in this medicine of those who have used or known it, has gained for it an enviable reputation, far beyond the most sanguine hopes of the proprietor. Nothing but intrinsic merit, as manifested in the cure of thousands of persons, could have gained, and so long maintained for it, the great appreciation which at this day it enjoys. While hundreds of quack nostrums, put up by ignorant pretenders, and thrust upon the public with an eye single to pecuniary gain by unprincipled men, have had their brief day and gone out like the light of a farthing candle, because there was no virtue in them; the Lung Corrector has lived to gain new friends at every trial, and to effect cures too remarkable to be ever forgotten, and too numerous to be recorded.

As the passage of time spreads wider and wider these undeniable facts, the Lung Corrector is becoming to be the standard and reliable medicine in all the complaints for which it is prepared, in all classes of society, from the humblest laborer to the most renowned statesmen, theologians and men of science. Throughout the length and breadth of the land, from the regions of the Aroostook to the banks of the Rio Grande, from the shores of the rock-ribbed Atlantic to California's golden sands, this remedy for all lung and kindred complaints is taking the lead and be-



coming to be considered the very perfection of medicines for pulmonary complaints, and hundreds of the most eminent physicians now employ it in all dangerous affections of the lungs, as well as in milder cases, and among children. In common practice, in the navy, in the army, in public institutions, in hospitals, and in fact everywhere, the Lung Corrector is considered an indispensable medicine.

The Lung Corrector is a choice selection and concentrated medicine from the doctor's numerous invaluable pulmonic preparations, to meet the general wants of the consumptive, and is put up under the direction and supervision of the doctor, who, having personally treated more than 23,000 consumptive cases, in every condition and form of consumption, knows perfectly well the wants of the sick; so that if people guard themselves against counterfeits, they may rely with safety upon the efficacy of every bottle. To physicians this medicine is an agent on which they can depend for good results in the treatment of their patients, and to the afflicted it is a remedy that never fails to afford relief.

Prepared and sold by Dr. H. K. Root, 512 Broadway, New York.

Price, per single bottle, \$1, which can be sent by express to any part of the country.

Dealers in the country will be supplied direct from the proprietor, or they can order of any wholesale druggist in this city.

All orders to Dr. Root must be accompanied with the cash, and if sent by mail must be post-paid to receive attention.

In case you cannot get the Lung Corrector in your neighborhood, write immediately to the proprietor, Dr. H. K. Root, 512 Broadway, New York.

#### DR. ROOT'S GERMAN OINTMENT,

*For Inflammation in any part of the Human System, or in any stage of disease. Inflammation in the Head, Eyes, or Sore Eyes of any kind, Lungs, Bowels, Breast, or any part; Burns, Scalds, Fresh Wounds, Felons, Biles, Cold Feet, Sprains, Lamé Back, Erysipelas, putrid or not; Pain in the Side, Chest or Heart; Broken Breast, or Sore Nipples; Rheumatism in any form; Black Tongue, Fevers, Dryness of Skin, Scald Head, Piles, and any Unusual Dryness of the Skin, or Unusual Heat of the System—is Inflammation, one name and one remedy.*

INFLAMMATION locates in a hundred different parts of the system, but can no more exist under a due application of this ointment, than fire can exist in the elements of water, or the composition of gunpowder can exist in an atmosphere of fire; for it is Nature's own remedy, and its application safe.

In all cases where the bronchial vessels or orifices have become contracted, swollen or obstructed, they are caused to discharge their putrid matter, the obstructed perspiration is made to pass off free, and the inflammation to escape through the pores, by the use of THE GERMAN VEGETABLE OINTMENT.

Nature has provided appropriate remedies for all our diseases; Nature's calls can be amply supplied by means of the Vegetable Kingdom. Deprive her of this source, and death will deprive you of your near and affectionate friends. The art of healing had its origin in the woods, and the forest is still the best medical school.

THE GERMAN OINTMENT IS NATURE'S INFALLIBLE REMEDY for inflammation of

every name and kind that affects the human system, arising from a sudden transition from heat to cold, or by the pores of the flesh being closed, and the insensible perspiration being stopped; or, in other words, the retaining of the *worn-out blood* and other juices in the system, which should be continually expelled through the pores, to give place for new. Hence, when these sources become stopped, fevers and inflammations of the bowels, lungs, eyes or kidneys supervene; or sore eyes, liver complaint, consumption, rheumatism, or some disease of the head, lungs or throat immediately follows; or it takes the form of scrofula, erysipelas, salt rheum, or other cutaneous eruption. For all these diseases the Ointment is one of Nature's remedies, and performs its office like a perfect workman.

The German Ointment is really one of the WONDERS OF THE AGE, for an external application of it will reduce inflammation of the bowels, and produce a passage of them, when the whole army of internal cathartics, calomel and oils of the most powerful nature prove ineffectual. In many cases which have been pronounced incurable, the patient has been relieved in *one half hour* by a plentiful application of the German Ointment on the bowels and sides. For constipation, it is invaluable, leaving the bowels in a healthful condition. For cold or colicky bowels, or in cases of worms in children, it gives speedy relief. Physicians and parents should know this fact, and avail themselves of the benefits of this ointment.

Bathe the bowels of children troubled with worms or colic, and the child will laugh and play in five minutes. It will save your getting up at night with your child. One general expression of all that use this ointment, (and it is used in every State in the Union,) is, that it surpasses in efficacy and utility all the external remedies, and is the best ointment in this *lower world*. No lady will ever regret its invaluable and redeeming power in the relief and cure of inflammation of the breast, or broken breast, and womb diseases. A word to the wise is sufficient. Office 512 Broadway, New York.

Price, per bottle . . . . . \$0,25

Orders for single bottles, or by the quantity, accompanied by the cash, will be filled by the proprietor, and the ointment sent by express to any part of the country. Country dealers supplied by the proprietor, or by wholesale druggists in New York.

#### DR. ROOT'S CATARRH SNUFF,

*For the permanent cure of Catarrh, Deafness, Discharge from the Ear, Loss of Taste, Loss of Smell, Headache, Dizziness, Loss of Memory, Grub in the Head, Offensive Glanders in the Head, &c.*

This snuff should be used by consumptive persons having a cough, expectoration, bronchitis or cankered sore throat.

Catarrh is one of the most offensive and often one of the most dangerous difficulties with which we are afflicted. It not unfrequently coats the mucous membrane, extending from the nostrils to the mouth, the eyes, the ears and the lungs, thereby

obstructing the passages and causing loss of taste, smell, hearing and sight. Catarrh is also a fruitful cause of coughs and pulmonary affections. It coats and obstructs the bronchial tube and air cells of the lungs, thereby shutting out the air from those passages necessary for oxygenizing the blood. By this means the blood comes to the lungs and returns without being purified by the air, (which is the life of the blood,) and hence arise humoral impurities, by which both mind and body are affected, and fall into emaciation, weakness and decay.

To guard against the approach of these evils, the catarrh should be speedily and permanently removed. For this purpose there have been offered the public numerous remedies, most of which are taken with but little effect; and never have I known of any preparation capable of reaching and removing grub in the head except the Catarrh Snuff, which I now offer the afflicted. It is well known that the grub affects the head of the human being, as well as that of the sheep and other beasts, causing insanity, dropsy in the head, and other kindred complaints. Dr. Root's Catarrh Snuff has been taken with never-failing success in thousands of cases; and wherever it has been used, and its virtues become known, no other remedy is sought after or bought. This of itself is sufficient recommendation of its efficacy. So great has been the demand for it that it has sometimes been impossible (by reason of the difficulty in obtaining one of the chief ingredients from its native soil at the sources of the river Amazon, in Central South America) to supply the orders for it.

Price, per bottle . . . . . \$0,50

Terms, cash. Orders filled by Dr. H. K. Root, 512 Broadway, and the medicine sent by express to any part of the country. Country dealers supplied direct, or by wholesale druggists in this city.

All letters must be post-paid.

#### DR. ROOT'S CANCER ERADICATOR,

*For the cure of Rose, Spider, Wolf, Bloody, Bone, Sleepy, Fissure and Black Scaly Cancers; Fungus Tumors, Polypus, or Bleeding Tumors of any kind.*

THIS medicine speedily eradicates the Cancer, whether on the head, face, neck, limbs, or other parts of the system—externally; or internally, in the womb, liver, bowels, stomach or other internal organs.

The Cancer Eradicator has been used by Dr. Root with uniform success in hundreds of well-attested cases. The horror and dread with which cancers were formerly regarded need no longer be felt; for, by the timely use of this sovereign specific, all cancerous poisons are speedily driven from the blood and a cure easily effected.

[For particular description of cancers and their causes, prevention and cure, see article on Cancers in this work.]

Price, \$3 per bottle,

Orders for single bottles, or by the dozen, filled by Dr. H. K. Root, 512 Broadway, and sent by express or as freight. Terms cash. All letters must be post-paid.

Dealers supplied by the proprietor, or by wholesale druggists in this city.



## DR. ROOT'S FEMALE WASH.

THIS invaluable preparation should be in the possession of all females troubled with *Leucorrhœa*, *Whites*, or *Mucus Discharges* from the uterus or bladder, *Scalding of the water*, *Itching* or *Burning of the water*, and *Cancers* or *Ulcerations of the Uterus*.

It is a safe, efficient and valuable remedy; and never fails to cure. It is a preparation of the greatest celebrity, and is in use by thousands of ladies throughout the country.

Price, 50 cents per package;

Orders for single packages or by the quantity filled by Dr. H. K. Root, 512 Broadway. Single packages can be sent by *mail*. Terms cash. All letters must be post-paid.

Country dealers supplied by the proprietor or by wholesale druggists in this city.

## DR. ROOT'S WATER REGULATOR,

*For the cure of Gravel, Stone in the Bladder or Kidneys, Scalding or Burning heat of the Water, Thick or difficult holding of the Water, too much or too little Water, red or white Sediment in Water, Offensive Urine, Irritation of the Neck of the Bladder, Grub of the Womb, Kidneys or Ovaria, Strictures of the Water Passages, Ulceration or Wasting Disease of the Kidneys, Seminal Emissions, Giant Strangle or Kidney Snake, Dropsy of the Limbs, Abdomen, Chest, Heart, or Brain, and other kindred affections arising from an improper and unhealthy Watery Secretion from the Blood.*

HUNDREDS and thousands of our fellow-beings are every year carried suddenly down to the cold embrace of the tomb by diseases of the kidneys and bladder, and often without fully knowing the exact character of the complaint that afflicts them; and thousands of others have implanted in their systems the seeds of a slow consumption from the same fruitful causes. Without a proper regulation of the water health cannot be enjoyed; for all improper secretions arising from a derangement of the water, whether manifesting themselves in the form of dropsy, gravel, stone, or otherwise, must, unless attended to, sow the seeds of death in the blood, and finally carry the victim to the grave.

For the benefit of sufferers from kidney, bladder, and womb diseases, Dr. Root's WATER REGULATOR has been prepared, and is offered to the public with confident assurance of its powerful efficacy in affording relief and finally restoring the secretions to a healthy condition; thus saving the patient from excruciating pains, years of suffering and untimely death.

Although ancient physicians, and many of later times, were aware of the existence in the human system of the *grub*, all efforts to obtain a medicine which should reach and destroy it have been without success; until, by the scientific researches and labors of Dr. Root, this desirable result has been obtained. It followed as a consequence of their inability to find a *remedy*, that the *fact* of the existence of the *grub* in the human system was lost sight of for many years; but the Water Regula-

tor having reached and *brought them away*, the fruitful cause of many deaths not theretofore known is explained and understood. To reach the grub in the womb, kidneys, or ovaries, or the kidney snake, there is no other medicine than this upon the face of the globe. The Water Regulator kills and dislodges them from their seats in these organs, and they come away whole or in pieces, and the patient is rescued from the jaws of death.

Price, \$1 per bottle,

Orders for single bottles, or by the quantity, filled by Dr. H. K. Root, 512 Broadway, New York, and sent by express to any part of the country. Terms cash.

All letters must be postpaid. Country dealers supplied by the proprietor, or by the wholesale druggists in New York.

### DR. ROOT'S HAIR PRODUCER,

*To soften and beautify the Hair, and to keep it from falling off; loss of the Hair by fever, Baldness, &c.; to remove dandruff and scurf from the head; to cure humoral eruptions on the scalp; loss of hair by scald head and dryness of the hair; also for keeping the hair in dressing and imparting to it a beautiful glossiness and lustre.*

THE thousand nostrums put up by unprincipled men, and palmed off upon the public as certain guarantees against baldness, and warranted to produced a growth of hair upon the barren scalp by a few applications, and which utterly fail to give the satisfaction hoped for by the purchaser, have placed people upon their guard against quacks and pretenders, and finally wrought out this good—that the public will no longer trust the safety of their hair to any preparation unless it be known to have emanated from some physician of scientific attainments, who thoroughly understands the laws of the whole system, and has devoted his time to the study necessary to produce an article for any given complaint or affection that shall *certainly* work out the desired results. The day of quack hair nostrums, that kill the hair and *ensure its certain loss*, has gone by—the public will no longer be humbugged. Henceforth, only preparations prepared by men of scientific attainments, who thoroughly understand the philosophy of the growth and decay of the human hair, will be purchased by those troubled with diseases of the scalp, or who fear the loss of their hair, or have already become bald.

Assured of this from observations he has made, Dr. Root now offers to the world his HAIR PRODUCER, in confident expectation that it will be hailed with joy by thousands who have been deluded into purchasing the vile and filthy nostrums thrust in their faces by ignoramuses and charlatans. The HAIR PRODUCER is a compound of powerful but harmless vegetables and oils, and is chemically prepared with a *certain knowledge* of the wants of the hair, to keep it in a soft, healthy and proper condition. When used according to directions it will keep the hair from falling off; and persons already bald may soon dispense with their wigs if they will persist in its use for a length of time sufficient to have the scalp become softened, opened and restored to a healthy state.

As a dressing for the hair and an article for the toilet table for ladies, Dr. Root's HAIR PRODUCER is unrivalled. No article ever offered to the public can compare

with this to give a beautiful silken gloss to the fair locks that adorn the heads of America's daughters.

Price, 50 cents per bottle;

Orders for single bottles, or by the quantity, filled by Dr. H. K. Root, 512 Broadway. Terms cash. All letters must be postpaid.

Country dealers supplied by the proprietor or by the wholesale druggists in this city.

### DR. ROOT'S EYE WATER,

*For the cure of Weakness, Soreness and Inflammation of the Eyes, Egyptian Sore Eyes, Grub in the Eye and Optic Nerve, and for every affection of the organ of sight which can be reached by an external application.*

DR. ROOT'S Eye Water has been prepared with great care, from an experience gained in the treatment of a large number of cases—some produced by outward causes, and some arising from a diseased state of the blood, or from fits of sickness. The knowledge gained by a successful treatment of hundreds of cases in all the various affections to which the eye is liable, has enabled him to compound from his remedies an EYE WATER that he unhesitatingly offers to the public as having the power to do all for the diseased visual organ that it is possible for an outward application to perform; and the uniform success which has attended its use gives him the gratifying assurance that his labors in behalf of those suffering from weak and sore eyes have been crowned with the just reward due those who strive to impart health and comfort to their fellow men.

In the loss of that great and inestimable blessing, sight, we suffer an indescribable affliction. Only those who have once enjoyed the sweet blessing of beholding the beautiful things of earth, and then been cut off from the light of the day, to live in darkness deep as night, where the faces of relatives and friends, the flowery gardens and the green fields beautified and made gorgeous by the fructifying showers of nature, the glorious works of art, and all that instructs, amuses, and gives happiness and pleasure to the mind through the outward vision, can adequately feel the keenness of affliction that follows the loss of sight. Imagine yourself returning from some distant land after years of absence, to visit the home of your childhood, and the green fields, the shady woods and the meandering streams where you sported in the sunny days of youth; and to be again with those near and dear friends, made nearer and dearer to the heart by the flight of years; and then picture to yourself the sensation that would cast a saddening sorrow over all anticipated joy, by the recollection that utter darkness was upon your vision, and that you could never more see the beautiful things you had hoped to behold, nor the kind faces of those whose society you would again enjoy! How would it detract from your happiness! And yet this, and worse than this, (an inability to give attention to business and procure for yourself and family the necessaries and comforts of life) may follow from your neglect of weak and sore eyes. When once the delicate organs of sight are seriously affected, it is difficult to preserve or restore them to health. Therefore, you should be wise in time. If your eyes are weak, or inflamed, or sore, from any cause,



whether outward or inward, you should immediately take steps for their recovery. Not a single day should be lost. As an outward application, DR. ROOT'S EYE WATER is now used by many practising physicians and by thousands of the afflicted. In cases where weakness or inflammation of the organs has been induced by sickness or by a diseased state of the system, the German Ointment, Blood Renovator, Catarrh Snuff and Anti-Bilious Pills should be used in connection with the Eye Water; for where loss of sight arises from *internal* causes, the blood and system must be *purified* and restored to health before any outward application will produce the desirable effect.

Price of the Eye Water, \$1 per bottle,

Orders for single bottles or by the quantity filled by Dr. Root, 512 Broadway. Term cash. Will be sent by express to any part of the country. All letters must be post paid. Country dealers supplied by the proprietor, Dr. H. K. Root, or by wholesale dealers in this city.

#### DR. ROOT'S EAR LOTION,

*For the cure of Deafness, Humoral Discharge from the Ear, Dryness or loss of Wax of the Ear, Buzzing and Roaring Noises in the Ear, Ear-ache, and other affections of the organ of hearing.*

ALTHOUGH perhaps not so *great* a loss as that of sight, no person who has been deaf but will feel keenly that it is no slight deprivation to lose the power of hearing. To be cut off from listening to the sweet sounds of nature and the pleasant voices of loved friends, which afford often the most exquisite enjoyment; to hear no more the soothing words of solace, spoken in affection and love—is indeed an affliction to all upon whom it may fall. But not in reference to *pleasure* alone is the loss of hearing to be considered; for chiefly it is to be looked at in a point of *utility*. How useful to man is this sense I will not undertake to describe; those only can appreciate the blessing of a good hearing adequately who have been deprived of that sense. The inconveniencies and annoyances to which the deaf person is subjected are too well known to require a rehearsal.

Against this affliction every person may guard himself, by the use of DR. ROOT'S EAR LOTION, a truly invaluable article to prevent deafness and to restore the hearing after it has been lost. Hundreds of persons, who had been deaf for years, and who had abandoned almost all hope of recovery, have had this sense restored by the use of the EAR LOTION, taken in connection with some of my other medicines. People who had for long months been obliged to make use of an *ear trumpet* in order to hear anything, have cast that instrument aside as no longer needed, in an exceedingly short time after applying the Ear Lotion.

In ear aches, so distressing, and often so violent as to almost make the person crazy, the Ear Lotion will afford miraculous relief. And in cases of buzzing and roaring sounds in the ear, loss of the wax in the ear, or in humoral discharges, frequently the forerunners of deafness, the Ear Lotion will be found invaluable, never failing to remove these affections and prevent deafness ensuing. It has given the

most perfect satisfaction in every instance where it has been used, and has relieved thousands from miseries indescribable.

As deafness, and all other affections of the ear, are in most cases the results of some internal disturbance, it will generally be found necessary to use the Blood Renovator, Catarrh Snuff, Anti-Bilious Pills, or German Ointment, in connection with the Ear Lotion; and in some cases, all of these will be required—in order that the system may be entirely purged of all those disturbing causes from which deafness or other trouble in the ear has arisen.

Price of the Ear Lotion, \$1 per single bottle;

Orders for single bottles or by the quantity filled by Dr. H. K. Root, 512 Broadway. Terms cash. Will be sent by express or otherwise to any part of the country. All letters must be post paid.

Country dealers supplied by the proprietor, or by wholesale dealers in New York.

#### DR. ROOT'S WORM KILLER,

*For destroying the life of and expelling from the human system Tape Worms, Round Worms, Thread Worms, Pin Worms, Evets, Frogs, Snakes, and every living thing, of whatever kind, that may be existing in the stomach or bowels.*

THE Worm Killer is the result of many months of close application, and long experiment, to procure an article which should be certain death to worms of all kinds, and at the same time do no injury to the system of even the most delicate person or the smallest infant. And, after faithful trial of this vegetable compound, as I now prepare it, I am prepared to say that it will be found a never-failing remedy in all cases of worms, whether in children or adults. A single dose of it will entirely purge the system of these destructive agents, when all ordinary remedies have failed to produce any effect whatever. Tape Worms are invariably expelled by it. Also, Evets and Frogs have been dislodged from the stomach by its use, and in several cases Snakes, drank in with water when small, and retained in the stomach till they attained a large size, have been removed by the power of the Worm Killer.

It is well known that many children die from the effects of worms. All the precious lives thus lost might be saved, by the use of a single bottle or less of the Worm Killer in each case. I have received hundreds of certificates from parents, informing me of the restoration to health of their children by the use of this medicine.

My Worm Killer being a compound *entirely vegetable*, its use does not leave in the system any of those deleterious effects arising from the administration of the poisonous drugs usually employed to expel worms. In this respect it stands alone. I do not know of another single article for this purpose but contains for its chief ingredient some drug most deadly to the human being, when taken without the greatest caution. At the same time, my Worm Killer will be found far more efficacious than any drug ever administered for worms.

No family where there are children should be without a little of this article in the house.

Price of the Worm Killer, per bottle . . . . . 50 cts.

Orders for single bottles, or by the quantity, filled by Dr. H. K. Root, 512 Broadway, New York. Terms cash. Will be sent by express, or otherwise, to any part of the country. All letters to be post-paid.

Country dealers supplied by the proprietor, or by wholesale dealers in New York.

#### DR. ROOT'S INHALING FLUID,

*For use in cases of Pulmonary Consumption, Bronchitis, Inflammation of the Throat or Lungs, Sore Throat, Hoarseness, Asthma, Checked Expectoration, Dryness in the Throat, Catarrh in its first stage, Influenza, Debilitated state of the Air Passages, Relaxed state of the Lining Membrane of the Lungs, and other affections of the Throat and Lungs.*

THIS article is skillfully compounded from a number of ingredients used in inhalation for diseases of the respiratory organs, and is so varied that the patient, by simply stating the nature of his complaint, can be supplied with an article exactly suited to his wants, and which will prove of the greatest benefit. Used in connection with my other circulating medicines, it has aided in the permanent cure of numerous cases of confirmed consumption, asthma, bronchitis, and other complaints above mentioned. When administered according to directions, it does not irritate or inflame the lungs, but soothes, invigorates, cleanses and heals. By being skillfully combined, all the deleterious effects of articles used separately for inhalation are destroyed, and their virtuous and healing qualities retained.

Price of the Inhaling Fluid, \$1 per single bottle;

Orders for single bottles or by the quantity filled by Dr. H. K. Root, 512 Broadway. Terms cash. Will be sent by express or otherwise to any part of the country. All letters must be post paid.

Country dealers supplied by the proprietor, or by wholesale dealers in New York.

#### DR. ROOT'S DYSENTERY SPECIFIC,

*For the Prevention and Cure of Cholera, Cholera Morbus, Cholera Infantum, Dysentery, Diarrhœa, Summer Complaints generally, and any Looseness of the Bowels.*

THIS article, if taken according to directions, in connection with the Anti-Bilious Pills, is a sure and certain guarantee against all attacks of bowel complaints; likewise, it cures these diseases in almost every instance where it is applied; being superior to any other article for the same purpose now before the public. Many cases of the most violent dysentery or diarrhœa have yielded to the peculiar healing powers of the Specific; and by it many valuable lives have been saved.



Among the numerous diseases that afflict the human race, there is none, consumption, perhaps, excepted, that carries more to the grave than the class that comes under the general head of bowel complaints. Although in general but little feared, it is indeed a most dangerous and highly fatal form of disease, as all may see who will notice the number that it annually carries to the tomb. How important, then, that every person, and particularly those who are subject to attacks of this character, should avail themselves of the discoveries of medical science to ward off its approaches, by placing the system in such condition as will leave nothing for it to fasten upon. This may be always easily done by keeping constantly on hand, and occasionally taking, Dr. Root's *Dysentery Specific* and *Anti-Bilious Pills*, according to the directions that accompany the articles. Let those who would guard against death in this form be wise in time, and follow the advice herein given.

Price of the Dysentery Specific, per single bottle . . . . \$1 00

Orders for single bottles, or by the quantity, filled by Dr. H. K. Root, 512 Broadway. Terms cash. Will be sent by express, or otherwise, to any part of the country. All letters must be post-paid.

Country dealers supplied by the proprietor, or by wholesale dealers in New York.

## DR. ROOT'S NERVINE,

*For the relief and cure of Nervousness, Sleeplessness, Irritability, Uneasiness, Twitching of the Nerves, Restlessness, Crawling Feeling of the Flesh, and Nervous Affections generally.*

THIS article has been in extensive use in my practice, and always with the most pleasing and favorable results. Its efficacy in the relief of the affections above-named is truly extraordinary. One package has cured the very worst cases of nervousness, and restored the whole nervous system to a state of health and quietude. Every person troubled with uneasiness, or difficulty of sleeping, should make use of this article; and from it the most beneficial results will be experienced.

Price of the Nervine, per single package . . . . \$1 00

Orders for single package or by the quantity, filled by Dr. H. K. Root, 512 Broadway. Terms cash. Will be sent by express, or otherwise, to any part of the country. All letters must be post-paid.

Country dealers supplied by the proprietor, or by wholesale dealers in New York.

## DR. ROOT'S ELIXIR OF LIFE.

*For use in cases of Nervous Debility, loss of Nervous Electric and Procreating Energy, Neuralgia, Nervous Headache, Hysteria, effects of Masturbation, Nocturnal Seminal Emissions, Impotency, Barrenness, Mental Imbecility, diseases of Ladies incident to decay of propagating functions, &c., &c.*

That involuntary loss of physical energy which occurs during sleep, so harassing, and productive of so much mischief to the nervous system, is speedily restrained by the use of this article. The mental and physical symptoms of disease vanish together under its influence. The stooping, trembling victim of depression and debility, becomes a new man. He stands erect, he moves with a firm step; his mind, which was previously sunk in gloom, or an almost idiotic apathy, becomes bright, buoyant, active; and he goes forth fresh, regenerated, and conscious of new vigor, to his accustomed occupations. Married people, or others, conscious of inability, from whatever cause, will find this Cordial, after they use a bottle or two, a thorough regenerator of the system. Where want of offspring is a cause of regret, it is of inestimable value. In all directions are to be found the happy parents of healthy offspring, who would not have been so, but for this extraordinary preparation. And it is equally potent for the many diseases for which it is recommended. Hundreds of young men have been restored to vigor by using it, and not in an instance has it failed to benefit even those in the last stage of disease.

Price, \$3 per bottle;                      Orders for single bottles, or by the quantity, filled by Dr. H. K. Root, 512 Broadway.

## ADDRESS TO THE SICK.

OPPOSITE is a correct representation of Dr. Root's permanent residence and office, 512 Broadway, directly opposite the ST. NICHOLAS HOTEL, New York, where advice and consultation can at all times be obtained, on the various diseases—particularly in Pulmonary and other kinds of Consumption, Diseases of the Liver, Heart, Kidneys and Spleen, Scrofula, Cancer, Dropsies, Fevers, Ulcers, Eruptions, and all DISEASES OF THE BLOOD, and where remedies exclusively vegetable, for the treatment of those complaints, can at all times be had, prepared by Dr. Root's own direction, and under his superintendence, and upon scientific chemical principles.

Dr. Root's practice, experience and investigation, have elicited the truth, that there must be first principles in medicine as well as in philosophy, which, though simple, are yet invariable and incontestible, and like the needle and stars to the mariner, conduct the physician to the origin and cure of diseases! *Accidental success* in the administration of SARSAPARILLAS, WHALE, SEAL, COD-LIVER, SASSAFRAS, CROTON, and CASTOR OILS, *does not* compensate for the multifarious dangers arising from the blind and incautious administration of some specific remedy. Human nature cannot, and *does not* endure the violences done to her by these panaceas, prescribed generally by individuals utterly ignorant of the functions and laws of the body, the most beautiful and complicated of God's machines!

DR. ROOT therefore addresses the children of humanity of every degree, informing them that he is prepared to promulgate HEALTH, LONG LIFE, and HAPPINESS to all. Through him the silvery paths of happiness, and even fortune, are thrown open—the intricate windings in the mazy labyrinths of life made straight and clear to all; by a magic touch unknown to the ignorant or unphilosophical, man may henceforth walk in the Creator's paths, and drink at the fountains of Hope.



No. 61.—DR. ROOT'S OFFICE, 512 BROADWAY.

[PRINCIPAL WHOLESALE AND RETAIL OFFICE for the sale of DR. H. K. ROOT'S Superior FAMILY VEGETABLE BLOOD MEDICINES, adapted to the wants of the sick and afflicted; composed of the best ingredients that this and foreign lands can produce, and ten times cheaper, purer, stronger, and more effectual than any Medicines used.]

The medical and mechanical genius of the Doctor, and his successful triumph over Consumption, have elicited public admiration. His wonderful invention for correctly ascertaining the condition of the lungs, together with his unequalled practical advantages in the examination of over 23,000 invalids, leaves him without a competitor, —THE CHAMPION OF THE HEALING ART. He invites the attention of those laboring under any of the various characters or forms of disease—such as *Consumption, Cancers, Tumors, Diseases of the Heart, Lungs, Liver, Stomach, Spleen, Kidneys, Bowels, or Womb, Dropsy, Gravel, Fluor Albus, Ulcerated Sores, Fistula, White Swellings, Worms, Fits, Tic Dolooureux, Deafness, Blindness, Debility, Sterility, Nervousness, Paralysis, Spinal Deformities, Diseases of Ladies and Children, and Infectant Humors of all kinds*,—to call and consult him, or to address him by letter. His system of treating diseases does not make sick to make well—or restrain in diet or exercise. If you were starving, it would be a long time to wait six or twelve months for food to satisfy your hunger! Why wait as long for medicine to eradicate diseases? The Doctor would be happy to cure all who suffer with sickness or pain, that no cherished hopes or friendships should be sundered by disease and death.



The great blessing, **HEALTH**, may be attained by using the remedies and following the advice of Dr. H. K. ROOT, a physician who has studied in the school of nature for *twenty years*, and who, from his youth, has been gifted with a rare and peculiar insight into the cause and character of diseases, and possessed a controlling power over them, which has sometimes seemed wonderful even to himself.

To the healthy, the world is full of beauty and happiness, and flowers cheer such, even to the end of time. But to the poor invalid, worn down by disease, and almost shut out from the light and beauty of the world, there is no comfort, no joy. But let him not despair, for health may yet be restored! and the happiness of life be again enjoyed.

For the benefit of the sick and distressed, I have devoted many years to seeking a knowledge of diseases and remedies, and am now prepared to accomplish wonders in restoring health to the sick, beauty and freshness to the emaciated and sunken cheek. I have prepared remedies for diseases known in the various sections of the country, North, South, East, West—and thousands who have tested their virtues, stand ready to testify of their efficacy. It is my candid opinion that there is a remedy for every disease which flesh is heir to; and the idea of giving up to die so many of the young and strong, just because consumption, or some other disease, has fastened upon the system its fangs, is a disgrace to the medical profession in this age of enlightenment and scientific progress. There is ample room for hope for each and all, as my patients in every section, cured of the worst forms of the most obstinate diseases, are living monuments. Therefore, do not despair; but visit Dr. Root, and be restored to health and happiness.

## DR. ROOT'S LECTURES.

THIS work of 150 pages, large size, has met with a heavy sale yearly since its publication. It consists of a series of

### LECTURES ON HEALTH,

By DR. H. K. ROOT, the SEVENTH SON AND DOCTOR OF THE BLOOD, RESPECTING THE GREAT PRINCIPLES OF LIFE; wherein his distinguishing views are clearly stated and defended; together with the great and unparalleled success which has attended his method of treating all manner of diseases, arising from loss of mechanical equilibrium and poisonous humors of the blood; THE WHOLE ILLUSTRATED BY NUMEROUS ENGRAVINGS; *together with an Appendix, containing many rare and valuable Receipts and Directions for individual and family use.*

The Lectures comprise the following:—

1. On the Preventives of Poor Health, in which the best and most approved means to accomplish the end, are distinctly stated and demonstrated.
2. On the Causes Productive of Poor Health, Disease, and Death; from which it is shown, from Physiology, Reason, and Scripture, that there can be no possible escape, unless the producing causes be removed.
3. On the Evils to Mankind, arising from Disturbed Organism.
4. On the Remedies for Disturbed Organism and Poor Health; embracing a range of remedial agencies, new to the American people, and astonishingly efficacious in removing all manner of diseases and weaknesses with which mankind are afflicted.
5. General View of Diseases common to Mankind, and their Symptoms.

This work can be sent by mail to any part of the country.

Price 25 cents.

Address Dr. H. K. ROOT, 512 Broadway, New York.

# TESTIMONIALS

## OF THE

### SKILL AND SUCCESS OF DR. H. K. ROOT.

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FROM among an enormous mass of testimonials I have received from my patients in various parts of the country, who have been cured by my treatment and medicines, the following have been selected at random. They tell a tale of truth that is the best advertisement the physician can have. In most instances the full name of the party has been appended. In those cases where only the initials are given, the full name has been omitted at the desire of the person sending the certificate. I would take occasion to say here, that in any case where a person is desirous of sending to me a certificate of cure, as an expression of thanks, he or she need not be restrained on account of not wishing to have it made public in a notice; for if the person will have the kindness to say that the testimonial is intended for my own pleasure, or for those who may wish to see it at the office, the desire will be carefully attended to. In all cases of receiving a testimonial from one whom I have had the pleasure of restoring to health, where it is intended as private, I do not make public use of it: of this class of testimonials I have received thousands.

The certificates following are published with the consent of the parties, and in many instances at their desire:—

#### CURE OF CONSUMPTION IN ITS LAST STAGE.

TO DR. H. K. ROOT—SIR: I beg leave to send you my public and most grateful thanks for the wonderful cure I have received from the adoption of your advice and remedies.

It is now above five years since I was first afflicted. I have had the best advice and treatment, from the first of the faculty; I have expended vast sums of money to no good purpose; I have been treated for consumption in its last stage! and when considered hopeless, was given up for death, my friends having taken (what they conceived) their last leave of me. Kind Providence, however, decreed other and better things for me, by directing the special means, through my perfect recovery from this declared incurable state, of sounding your praises to all distant times. The fame of your wonderful powers having caught the attention of my friends—a cure well known here, having been published, similar to my own—diseased liver,



consumption, stoppage in my breast, chest and throat—everything appearing to drop into some unnatural hollow space, from which my medical advisers concluded that I had an inward abscess, of an alarming nature, from which they led me to hope for no cure. From this peculiar similar case to my own, I was induced to request an interview with the "Great Natural Physician," who from the first cheered me with hopes of ultimate recovery, and, not less to the astonishment of myself than to my numerous friends, those heavy afflictions, which had borne me down for years, gave way in a few weeks! and, by perseverance, I am happy and proud to declare, before all the world, thus publicly, and ready to enter into more particulars than can here be expressed to any number of applicants who choose to give me a call, that I am now in full health and vigor, and from the power and influence of your inestimable remedies alone. I hail, with joy, your success in this state and neighborhood. My gratitude to you can never be fully expressed.

I am, however, your devoted and sincere advocate,

CATHARINE HUTCHINS.

NEW YORK, *March 10, 1849.*

#### ENLARGEMENT OF, AND GRUB IN THE SPLEEN.

DR. ROOT—SIR: You will recollect that when you were in this city last winter, I called upon you to have an examination in my case. Previous to that time, I had been troubled with a sort of disease for about three years, but what it was none of the physicians here, (of whom I consulted not less than a dozen,) could tell me. It would be impossible for me to tell you what were the feelings I experienced during this period—they were indescribable; no words of man could convey an idea of them. You promptly told me that I had an enlargement of the spleen, and probably grubs in that part. Undoubtedly you were correct; for in three weeks after I commenced taking the medicines you gave me, I began to feel better, and by the first of May, I felt that I could say—*I am entirely well.* Since then, I have no return of my bad feelings, and believe I am cured. In justice to you, and to return my thanks, I write this letter, that you may make public my case for the benefit of others.

With many thanks,

ORRIN SUMNER.

BOSTON, *July 2, 1851.*

#### DREADFUL CASE OF CANCER CURED.

THIS may certify, that seven years ago, my wife, Mrs. E., had a *cancerous tumor* in the left breast, for which every possible means were used for its removal, without the slightest benefit. It continued to increase both in size and painfulness, until all hope of saving her life, but by a painful operation, was abandoned, which, after a consultation with several eminent physicians, was performed, and the entire breast was removed, and after examination of the tumor, was pronounced by all present a cancer of the *most malignant character*. In about three months, after enduring incredible sufferings, she was enabled, though broken in spirit, to get about again. She remained feeble, and her general health was exceedingly bad, as indeed, it had been for several years before.

Five years after her breast had been removed, a painful tumor again made its appearance immediately over the part formerly occupied by the nipple of the right

breast. This tumor steadily increased for several months, and became so painful as to deprive her of rest. Finally, another tumor appeared in the right breast. It was evident that an operation would not now save her life, and the physicians declared she would die of the cancer. But hope never deserted us, and we consulted other physicians, and among them Dr. H. K. Root, who thought my wife might be saved. We procured some medicines of him, and commenced to use them. The tumor continued increasing in size for about six weeks, and was at times very painful, when the pain suddenly ceased altogether, and the tumor swelled out at the base, and became soft, and then began to diminish, and continued gradually decreasing until every vestige of disease was removed. The tumor in her left breast was also dispersed. No cancerous or scrofulous tumors ever appeared afterwards; and her general health, which had been so bad for fourteen years as to make life a burden, was effectually and permanently restored.

E. H. E.

*East Tenth-street.*

NEW YORK, *January 6, 1852.*

#### SPINAL CURVATURE CURED.

DR. H. K. ROOT—DEAR SIR: I write to say that my daughter, who has been afflicted with a severe spinal curvature for eight years, for which we consulted many physicians in vain, has been at last restored to health by the use of your Medicines, and Suspender and Shoulder-Brace. Her affection, as you know, was very bad indeed; she was bent over upon one side to a frightful degree; she could not stand up straight; her lower limbs were without power, her chest was becoming contracted; and in short, her condition was one of extreme misery, both to herself and friends. But, thanks be to a kind heaven, she is now, through your skill, restored to uprightness, to health, to strength, to beauty, and to happiness. We shall never forget you in our daily supplications before the throne of grace.

HORATIO BOND.

PROVIDENCE, *February 28, 1851.*

#### CURES OF CONSUMPTIVE ASTHMA, ETC.

TO DR. ROOT—SIR: For the benefit of the afflicted you are at liberty to make known to the world a case and a cure from a consumptive asthma, which has afflicted my son for the last three years, he being now in the 23d year of his age. He had declined in strength daily, until supported five nights out of seven with pillows in his chair, not being able to lie prostrate in bed, for fear of suffocation, when he was given up for death, as in the last stage of consumption. Where, however, four medical gentlemen could give no relief, your inestimable advice and remedies, have, under your prompt and judicious labors, performed a perfect cure, in the short space of six weeks. In addition to this miraculous preservation of my son's life, I have also to state, my husband has been sorely afflicted with eruptions, asthma, &c. &c., for many years, who has received relief instantaneously from your invaluable remedies.

With our best wishes for your continued success,

I am, sir, your devoted friend,

ANNA MAYBURY.

ALBANY, *January 9, 1848.*

## FEVER SORE CURED.

DR. H. K. ROOT: In the spring of 1849, I obtained from you a course of medicine, being then confined to my bed, without sleep, for a week, occasioned by a violent pain, from a regular fever sore, of long standing, on my right leg. My physicians advised me to have the limb amputated, saying it was the only means likely to save my life. After using the medicines one week, the pain began to subside, and in three weeks I was able to transact my regular business. By the time I had finished the course, I was as well and sound as I ever had been. I have no hesitation in saying that your prescriptions were the means, under Providence, of saving my limb, and I doubt not my life. I most cheerfully recommend them as the best article extant for the purification of the blood.

Yours, most respectfully,

WM. LATHROP, JR.

ROCHESTER, *April 22, 1851.*

## ANOTHER CASE OF CONSUMPTION.

I AM disposed to state that Dr. Root cured me of consumption, which was evidently in its last stage. I had a deep, hollow cough, expectorations purulent, much streaked with blood, &c., pain in my right side, diarrhœa, night sweats, no appetite, restless, greatly emaciated, &c. My attending physician had given me up long before I applied to Dr. Root, and so had other eminent doctors whom I had consulted. Seeing one of Dr. R.'s circulars, I resolved to call on him at all hazards. It was a great exertion. I was nearly exhausted when I arrived at his office. Upon examination, the Doctor gave me but little encouragement; but I resolved to make one more trial; and I owe my life, health, and all in this world, to that determination. I did not take his medicine more than a week, before I perceived a marked change in my symptoms for the better; my night sweats had almost entirely ceased, diarrhœa much abated, cough less aggravating, breathing much easier, and my feet and hands began to feel warm and natural. I took Dr. Root's medicine twelve weeks, and found myself in a good state of health, so that by proper care I attend to my business. Too much cannot be said in favor of Dr. Root's skill in removing chronic diseases. I am knowing to other wonderful cures which he has effected, and I can heartily recommend him to the afflicted everywhere.

S. B. F.,

*Member of Congress.*

WASHINGTON, *March 27, 1852.*

## CURE OF EPILEPTIC FITS AND CONSUMPTION.

TO DR. H. K. ROOT—DEAR SIR: I should not do justice to you, or to my own feelings, were I to withhold from the world, for the sake of sufferers like myself, the wonderful cure I have derived from the use of the "Vegetable Universal Medicines," and, with them, the restoration of the greatest of blessings—health.

For upwards of ten years, I have been subject to epileptic fits, in constant succession, and to an alarming degree, attended with all the horrors of nervous and debilitating affections, usually concomitant with that dire disease. It is impossible to explain the depth or extent of my sufferings. Physicians and doctors could with more ease sound the depth of my pocket than they could that of my disease, and left



me to end my weary career in what they termed a confirmed consumption. I was never safe without a friend to attend me in all my movements. My last serious attack was on a coach from Falmouth. With great difficulty I was conducted home, and having heard of the great "Natural Physician," I was induced, as an almost hopeless resort, to put myself under your judicious directions, being cheered by not only hope of *relief*, but of *certain cure*. I have no hesitation in saying, that, from the first hour of my adopting your advice, I never felt the least symptom of those horrid spasmodic affections which had for so many years so dreadfully oppressed me; and that, in short, one month's continued use only, effected a complete cure, to the surprise of all my acquaintances who had known me through the long course of my sufferings. I have now been eight months a perfectly sound man, and enjoying a better state of health than I ever had in my life, and attended with a flow of health and vigor which few men can boast of, as is evinced by the well-known fact, that I have absolutely gained forty pounds in weight since I first commenced taking your medicines. For the good of the afflicted, I have long been anxious to publish my extraordinary case and cure, and have only been restrained by my family, who wished to be certain of no relapse taking place. In the mean time, I have not been silent, and I am happy to learn that many who have heard of my miraculous restoration, have applied to you with the same happy results.

I remain, sir, your highly indebted friend,

W. J. P., *Merchant*.

JERSEY CITY, Jan. 24, 1849.

#### CASE OF NEURALGIA CURED.

DR. ROOT came to the city of Providence in the month of January last. At that time I had been afflicted with a bad humor for several years, which brought upon me liver complaint, dyspepsia, and general nervous prostration. I was troubled with cold feet and hands, my hair fell off; restless, extreme pain through the forepart of my head, and across the small of my back, pain in my right side, &c. I was attended by a skillful practising physician, but all to no purpose. Large doses of laudanum were resorted to with no advantage; my case became one of confirmed neuralgia. I was hardly able to walk into Dr. R.'s office, after being carried to the door. The doctor saw me but about ten minutes, and gave me medicine, which did me more good than anything that I ever took before in my life. I did not take a drop of laudanum after taking the doctor's medicine. I am now in soundness of health. I give this certificate to Dr. Root, because I feel for those who suffer as I have suffered, and hope that the above statement will give the afflicted confidence in his skill, and that they may apply to him, where they will obtain those remedies which an all-wise Providence has created to restore the sick to health. My case is not all that I am knowing to that he cured in this place. Miss Hannah Willis has been cured of the worst kind of liver complaint by Dr. Root's healing medicines. I can recommend him to those afflicted with chronic diseases, above any other physician that I ever saw.

JANE A. BOLLES.

PROVIDENCE, April 12, 1851.

## SCROFULA CURED.

DR. ROOT cured my little girl of scrofula, which no other physician or nostrum could do. She had two ulcers on her neck, and one under her left arm, when I took her to Dr. R. She took the doctor's medicine about two months, and was entirely cured. There is no swelling about the neck, and the sores are entirely healed. She is now the picture of health.

JAMES MELVILLE.

UTICA, N. Y., *July 29, 1851.*

## CURE OF CATARRHAL AFFECTION.

DR. ROOT—DEAR SIR: I have been afflicted for seven years with the catarrhal affection, producing bronchitis, combined with great soreness, which has frequently prevented me from following my usual avocation. I had applied to my physicians and tried many remedies, without any beneficial effect, until I very fortunately applied to you, and obtained advice and a course of medicine, which gave me the most perfect relief, which I had not known for seven previous years. I was also enabled to enjoy a good night's rest, which I have not before been blessed with. I most cheerfully recommend your system of practice to those who are similarly afflicted.

HENRY ZEINGER.

NEW YORK, *Oct. 24, 1850.*

## ANOTHER CONSUMPTIVE RAISED.

DR. ROOT—SIR: I have been laboring under a disease of the lungs for the last two years, and became so far reduced that I was unable to speak above a whisper, or raise my head from the pillow without assistance. No one supposed I would live a month. I had several able physicians, and was constantly under their care until they gave me up. I used the popular medicines also, but none of them did me any good. While in this low and perilous state I sent to you for advice and a course of medicine. I am now at my work, and my health is restored. The change wrought in me is indeed wonderful. Few would credit that a woman so sick as I was with consumption of the lungs, could be restored to health by any medicine, or in so short a period. But such is the fact. I glory in making it known; and I also feel willing to testify to the world that yours were the medicines that cured me. I have no wish to deceive any person on this subject, and I shall therefore be glad to communicate with persons similarly afflicted, who will take the trouble to call on me.

SARAH JANE HULL.

NEW YORK, *Nov. 8, 1851.*

## DROPSY, JAUNDICE, AND CONTRACTION OF LEG.

I do hereby certify that I was grievously diseased with a dropsical swelling, jaundice, and contraction of my left leg, owing to a fall which severely wrenched my back, and the interior part adjoining. I called in two physicians, but my health still continued to sink rapidly away, so much so that they told me they could do no more for me. In this state, I heard of Dr. Root, and of his remarkable cures. I

sent to him for advice and medicines, and in about two months I was restored to health. I firmly believe that but for him I should now be in the grave.

SUSAN SPARKE.

NEW YORK, Nov. 20, 1850.

#### REMARKABLE CURE.

AFTER living a bachelor for forty years, having lost my health in youth, I accidentally saw Dr. H. K. Root's notice, and gathered new hope from the manner in which he spoke of treating disease. I called on him in New York; he examined my case, and said if I would follow his advice strictly, he would prescribe for me, and make me a well and sound man. I felt the importance of health, and agreed to do as he directed. He said to me, "Select the most amiable and lovely young lady in the circle of your acquaintance, marry her immediately, and let her love and purity be your guide. Cherish her, and her only, and within two years, (with this little package of medicine,) you will be blessed and happy, and enjoy good health." I did not think this was a very bad prescription, although somewhat surprised. I immediately followed it, and the most salutary effects ensued, so that within two years I was perfectly well, as happy as any mortal may hope to be, and blessed with one of the most beautiful and lovely children the city could boast.

H. B \* \* \* s, 2d.

ALBANY, 1st Jan., 1850.

#### REMARKABLE INSIGHT.

##### COPY OF A LETTER FROM MR. JOHN BALDWIN.

DR. H. K. ROOT—DEAR SIR: I know, and realize now, the truth of my case, as stated to me by you. One physician told me one thing, and another one would contradict it, until I lost all confidence in all physicians, believing them all to be a set of ignorant, doubtful humbugs. God knows I had come to the determination to give you the only and last trial to restore me to health. I admit I was cross and saucy to you, from the ill-treatment I had received at the hands of other physicians, but you began an examination of my case, which, in fact, astounded me, as every question *probed* every disease from my head to my feet; and it did seem somewhat miraculous that your examination should bring to light every sore and diseased spot. But it was so. I began to think before you had got through my examination, that my whole body was transparent, and that you saw where every diseased spot in my body was, and touched them with your fingers as you went along. I frankly acknowledge that I never had any physician look through me before, or one that I believed could do it, until your examination. Allow me to say to you, that I have never valued the twenty-five dollars I paid you, and if you call on me I have twenty-five more at your service. I am now well, and on my legs again, and hope to remain so for many years, from my present soundness.

I remain your humble servant,

JOHN BALDWIN,

98 Greenwich-street.

NEW YORK, Dec. 6, 1849.



## CURE OF SHORT BREATH.

TO DR. H. K. ROOT—SIR: JACOB HINDS, gardener, New Jersey, ninety-two years of age, returns Mr. Root his best thanks, (with some vegetables for his acceptance,) for the cure of his cough, and shortness of breathing, which had been very troublesome for some months, and appeared of a settled character. Under your judicious treatment he is completely restored to health, and again enabled to walk twenty miles a day. His sight and hearing are perfect, and yet his age is ninety-two.

*July 30, 1848.*

## CURE OF OBSTRUCTION IN THE AIR TUBES OF THE LUNGS.

DR. ROOT—SIR: With grateful thanks to God, I take the liberty of informing you the benefit I received from taking your valuable remedies. I was afflicted with an obstruction in the lungs for upwards of three years; I was attended by doctors, but they could give me no relief; not knowing my disorder, I, like many others in this country, tried the water doctors, who all prescribed, and put me to a great expense, all to no service. I was in as low a state as man ever was—no one ever thought I could live a single day longer, nor did I expect myself ever to be better. But providentially one of my friends, who had reason to remember the efficacy of your invaluable "natural remedies," persuaded me to see you: for which interview I shall ever remain thankful, as from that day I began gradually to mend, and in one month was completely restored to health and vigor. I hope this will be made public for the good of my fellow-citizens. Trusting that the earth's choicest blessings may attend you in your works of mercy,

I remain, Sir, yours ever gratefully,

HENRY J. LOVELACE.

BROOKLYN, L. I., *October 20, 1848.*

## A CURE OF TUBERCULOUS LUNGS.

DR. H. K. ROOT—SIR: I feel it a duty I owe you, through whose instrumentality I am restored to health, to lay my case before you, which, for the benefit of the public at large, I authorize you to make what use you think proper of.

From excessive blowing on every kind of wind instrument, as leader of bands in the navy, with the heavy duty of master-at-arms, my health and general constitution has been considerably impaired.

Attacked with tubercles and ulcers in the lungs, general debility followed, so that I was compelled to lay aside the operative part of my profession, and sought for a remedy to my growing disease, which I found could not be effected by the bracing medicine given me by the doctors: when, by the blessing of heaven, I met with you, and, to my astonishment, received great relief from the first week I took your remedies, and after following your advice for three weeks, I was perfectly restored, and capable of going through all my old exertions with confidence and ease; and what is best of all, I feel assured of having secured my health, (barring all accidents,) to a good old age.

With the conviction that your system of purifying the blood, and thereby securing health by means of "natural remedies" only, is correct,

I am, Sir, your debtor for my health,

Most sincerely yours,

GEORGE HORLACK.

## BLEEDING LUNGS CURED.

DR. H. K. ROOT—DEAR SIR: Knowing that too much testimony cannot be given in favor of one who justly merits praise, I wish to inform you of the benefit I have received from the use of the course of medicine sent me, and from following your advice. I was greatly reduced by frequent bleeding from the lungs; I usually discharged near half a pint of blood at a time. I was obliged to relinquish my calling, and thought myself quite past recovery. I employed a number of the most eminent physicians in city and country, to whom I paid a large amount of money, without receiving any permanent benefit; they at length despaired of affording me any relief, and advised me to visit the South, and try the influence of a warm climate; but having fortunately seen the lungs pierced with a dirk, in one of your papers in the hands of a friend, I was made by it to hope that I might be saved. I sent to you \$25 for a course of medicine. Before I had taken them up, *I was restored to health.* I now have a good appetite, have regained my flesh, and feel myself well, and have resumed business again. I do most earnestly recommend your mode of treatment as most salutary and effective.

Yours in the bonds of christian love,

RODOLPHUS BOGART,

*Minister in the M. E. Church.*

LOUISVILLE, KY., Oct. 10, 1851.

## INWARD HUMORS, STIFFNESS OF JOINTS, NUMBNESS, GENERAL DEBILITY, &amp;c., CURED.

ONE year ago I was suddenly attacked with a severe sore throat; the pallet seemed to be ulcerated; and after trying many remedies which had been recommended to me, without any relief, I employed several physicians, without receiving but little benefit from their prescriptions or medicines. Soon after this I began to feel quite a soreness and distress in my stomach, and all over my system, together with a stiffness of joints, and numbness, and general debility, and much distress from my food; and being fully satisfied that all these complaints proceeded from an inward *humor*, I was induced to apply to Dr. H. K. ROOT for a course of his Blood Medicines, having heard them highly spoken of for the cure of difficulties arising from a bad blood. I was five weeks taking up the articles he gave me, and at the end of that (now three months) I declare I was completely delivered from all the distressing symptoms that had afflicted me. I would commend his remedies and practice to all troubled with disease.

JOHN B. FORBES,

*Machinist.*

NEW YORK, March 8, 1849.

## SCROFULOUS SWELLED NECK.

DR. ROOT—DEAR SIR: It is with great pleasure that I inform you that your medicines have been most astonishingly successful in completely removing from my daughter's throat and neck, a large scrofulous tumor or swelling, which we first observed about ten years ago, and which continued to grow and increase in size till it became as large as a person's fist, producing great deformity, and uneasiness by its pressure upon her throat, so that many times it was almost impossible for her to get

her breath; your medicines have, however, happily removed it, and now not a vestige remains to be seen. It was nine months from the time she commenced using your remedies till the swelling was completely destroyed.

With great respect,

ELIPHALET T. BARRON

CONCORD, N. H., *Sept. 1, 1850.*

#### ENORMOUS BRONCHIAL GOITRE CURED.

DR. ROOT—SIR: Enclosed I send you the certificate of a lady who has been under treatment by you for a goitre, or derbyshire neck. You will see that she has been perfectly cured. We regard it as a most astonishing case, for the lady had previously consulted many physicians and taken a large amount of medicines, all to no purpose. Mrs. H. is a married lady, next neighbor to me, so that I know her certificate to be true.

Yours, &c.

JONAS HALE, *Merchant.*

TOLEDO, OHIO, *June 12, 1851.*

I HEREBY certify that I have been afflicted with a very large goitre, or swelled neck, of the most alarming kind. It was for ten years gradually but constantly enlarging, until I was unable to do any kind of needle work; I had no hope left me, but was constantly in dread of suffocation from the rapid enlargement of the tumor. Happily, however, a friend recommended me to write to Dr. Root, of New York. I did so, and ordered from him a course of medicine, thinking I would try once more, though I had but faint hopes of experiencing any benefit. But soon after I commenced using his remedies, the swelling began to go down. I was encouraged, and persevered in the use of his medicines, (taking four full courses in all,) and now, I am most happy to say, I am *entirely cured* of the goitre, as well as much improved in my general health. This cure was effected in 1849, and though two years have now elapsed, my health is still good—nor is there any sign of a return of the swelling.

MRS. JANE HAVENS.

TOLEDO, OHIO, *June 9, 1851.*

#### CASE OF SUPPRESSED MENSTRUATION.

DR. ROOT—MY DEAR SIR: My daughter has received the most astonishing benefits from the use of the remedies you sent us—so truly astonishing that I cannot forbear to return you our sincere and heartfelt thanks. Indeed, it does seem to me that my dear daughter has been rescued as it were from the very grave; for I had given up all hopes of her recovery to health till recommended to you. For six months the natural flow to which unmarried females are subject was suppressed; and under the effects of this truly alarming derangement, she fast declined in health, till her former bloom was replaced by a look more resembling that of a corpse than a living person. She could not walk across the room alone, and I expected to soon mourn her snatched from a mother's arms. I applied to several physicians in this place, but none of them afforded my daughter any relief. At last, when it seemed that one foot was already in the grave, we wrote to you. And now, through the



saving power of your remedies, she is restored to *full health* and to her former beauty. Truly the heart of a mother is rejoiced; and I know not how to thank you sufficiently for saving my dear daughter's life. As she is to be married next week, I thought to inform you of the wonderful cure in her case, that you might rejoice with us.

With a mother's warmest thanks,

I am, dear sir, gratefully,

Your obliged servant,

MRS. C—— H. B——.

CHICKOPEE, MASS., August 9, 1841.

#### A COMMON CASE.

*Extract of a Letter from a Gentleman in Albany.*

MY DEAR SIR:—My wife has been perceptibly sinking for some three years or more, in consequence of her great anguish and suffering some months before and during her confinement; every successive one more and more debilitated and prostrated her, putting her life in imminent danger, and which was, on the last occasion, I despaired of. I supposed that this state of things was inevitable, and resigned myself to meet the worst. Fortunately at this time, (now a year ago,) I was told that you could give me such advice as would save the life of my wife. You will remember that I called upon you; and I cannot express the relief your words afforded to my distressed mind. They opened a prospect to me, which I little conceived was possible. But for this, ere another year would have passed over my head, in all human probability, my wife would have been in her grave, and my children left motherless. Now, thanks to you, my wife is well and happy, spared to me and to our children, to be a comfort and blessing to us all.

With the most unbounded thankfulness,

I am, dear sir, your obliged friend,

J—— H. W——.

ALBANY, July 6, 1852.

#### HEART DISEASE, DROPSY, DYSPEPSIA, &c., CURED.

I HAD been troubled with dyspepsia for over thirty years, and had made a trial of all nostrums advertised for the cure of that disease, and had applied to several eminent physicians, but could obtain no relief. I could eat nothing without distress, and my food tasted more like sand than anything eatable. Once in about a week, I had colic pains of the worst kind, that would last me sometimes twenty-four hours. Fortunately one of Dr. Root's circulars was thrown into our house. I was at once struck with the rationality and beauty of his theory. I, with my wife (who had been afflicted over twelve years with a heart difficulty, dropsy, strangury, &c.), immediately consulted the Doctor at his office. He at once told us that he could cure us, and we accordingly procured medicine, which had the most wonderful effect with us both. I did not have a colic pain after commencing with the Doctor's medicine; it has been some time since I have taken any, and am now perfectly well. I can eat anything without the least pain, and everything tastes good. My wife's dropsical swelling has entirely ceased; she can now go up stairs without getting out of breath, and her other difficulties have entirely left her. We are now

both of us in the enjoyment of good health, of which we have been deprived the best part of our lives. Our cases are few among many whom the Doctor has cured to my certain knowledge. We have the greatest veneration for his truly remarkable skill, and would say, if you are sick, go immediately to Dr. Root, who will cure you.

HARVEY J. BLISS.

BOSTON, *May 8, 1852.*

#### CURE OF ASTHMA, PAIN IN THE HEAD, &c.

TO DR. H. K. ROOT—DEAR SIR: The remedies you recommended to Mrs. Harrison when we providentially met you, whilst journeying to Leicester, I have taken myself, as we thought it better for me to commence, that we might observe their effects previous to their being administered to her, in the afflicted state you saw her.

For the last nine years I have been afflicted with an asthmatic complaint, attended with a constant pain in the head, noise in my ears, dimness of sight, and dreadful nausea, arising from the disordered state of my system, which I believe was choked with the impure humors of the blood; and in proof of what I now state, am persuaded that it has been rapidly spreading for some time. From these distressing forms of disease I never expected relief; but now I declare I am perfectly cured. Gratitude to the Almighty, as the dispenser of all good, with duty to you and my afflicted fellow creatures, dictates the step I have now taken in publicly acknowledging the benefit received.

Yours in gratitude

JACOB HARRISON.

BAXTER-GATE, LOUGHBOROUGH, *March 9, 1848.*

#### ANOTHER CURE OF A DEEP CONSUMPTION.

TO DR. H. K. ROOT—SIR: Residing in France, where I had long labored in a hopeless state of consumption, from which I could get no relief from the first of the faculty, a friend in New York who was well acquainted with your abilities in eradicating all diseases from the blood, prevailed on me to come to America, and as a last resort to put myself under your care and directions. I came—we met, you gave me hope at the first interview, and in the extremely short time of two months, performed a perfect cure, for which I can never sufficiently express my eternal gratitude.

It is now five months since my recovery, and as I have had no indication of a relapse, I now give my case for publicity. I am about to return to France, where I shall carry self-evident proofs to the afflicted of the well attested efficacy of your remedies.

Accept, sir, my profound regards, and highest sense of gratitude, for this new life you have given me, and believe me ever,

Your obliged and humble servant,

MENIE SANCHI.

*Jan. 16, 1848.*

## DESPERATE CASE OF RHEUMATISM.

I DO hereby certify that I was grievously diseased with the rheumatism for over eleven years. During that time my right leg became two inches shorter than the other, by reason of the pain in my right hip. At the end of eleven years it became much worse, and settled in both legs and every joint in me, so that I could not stoop down and pick anything from the floor. My knees were thrown asunder, so that I could not bring them together within seven inches. My feet, legs, and hips became so cold, that in winter I very often burned them in trying to get them warm. My appetite began to fail, and my activity forsook me. After trying everything that was ever thought of, I gave up all hopes of ever being any better. But seeing the advertisements of Dr. H. K. Root in the Boston papers last winter, I determined to try once more. Accordingly I sent to him, and received a course of medicine, with directions. I commenced treatment, and in six weeks I was completely relieved and restored to perfect health. If any one thinks that this is not true, let him call on me, and see for himself.

PHILIP HALE

CHELSEA, MASS., *June 6, 1851.*

## CASE OF SIXTEEN YEARS' STANDING.

DEAR SIR—It is now sixteen years since I was first troubled with the dyspepsia, and derangement of the stomach. I have taken advice of the best physicians in this city and New York, in London, Paris, Germany, and Italy, followed their prescriptions, and visited the several sulphur and other springs in this country, the watering places of Germany, and elsewhere in Europe, and had found no relief. Since taking your medicines, I have never had a return of the dyspepsia, which daily troubled me of late years to a very great degree. My appetite has returned; the extreme flatulence, severe constipation of the bowels, general debility, and sleepless nights under which I suffered, have entirely left me. Having found so great relief from this most discouraging disorder, I have recommended a trial of your medicines to many of my friends, who are now using them to great advantage. And I cannot refrain from writing to you in their favor and praise, for the good you have bestowed upon the community; and trust that what little is in my scope to offer in extending the circulation of your remedies, will be done with grateful pleasure at all times.

Yours, very respectfully,

J. B. O'S., *Obergymnan.*

PHILADELPHIA, *Aug. 8, 1851.*

## CASE OF SCROFULA ALL OVER.

DR. H. K. ROOT—DEAR SIR: The effects of your system of practice in this vicinity have been truly surprising, for I have not heard of a single instance in which it has not done all that was expected, and one case is particularly worthy of note. It is that of a lady, who has suffered from a *scrofulous affection* for *thirteen years*, during which time she has tried medicines innumerable, and been under the care of the most celebrated physicians of this and other States, without obtaining relief. ~~Her face was at times an~~ *Her face was at times an*



entire sore, and the *sight of one eye had been lost for many years*. Her body was broken out with scrofulous sores in every part. Such was her condition last spring. At that time, by my advice, she sent on a description of her case to you, with money for medicines to relieve her. During the summer she took three courses of your medicines; before the first was finished, there were decided signs of improvement. To all appearance she is now cured. The sores are entirely healed, she has in a great measure *regained the sight of her eye*, her general health is good, and her flesh is acquiring its natural color. This wonderful cure is known in all the immediate neighborhood, and it has added to your reputation. There are several other hard cases here, which I hope to induce to apply to you, that they may be cured.

Respectfully,

HENRY J. SPAULDING.

PITTSBURGH, PA., Dec. 9, 1851.

#### SAVED FROM DEATH.

To G. D. H., Esq., *Hartford*.

MY DEAR BROTHER:—It affords me the most unfeigned pleasure to be able to state that I now consider the life of your sister, my dear Jane, safe from the death I had long feared would finally be hers. When our last child was born, now three years ago, through the carelessness or ignorance of her attending physician, my wife was so injured that thereafter she was not able to retain the fruit of the womb, but, when about three months with child would be subject to abortion, causing the most frightful bleedings, which, as you are well aware, have no less than four times placed her life in the most imminent danger. But, thank heaven, through the advice of a friend, she is now safe! I was told to write to Dr. Root, 512 Broadway, New York. I did so, stated the difficulty to him, and have found the means of safety at last, for which I am truly thankful. If there ever was a blessing to females to preserve life and health, it is found in the articles I received from Dr. R.

J. H. P.

NEW HAVEN, Oct. 8, 1851.

DR. ROOT—DEAR SIR: I enclose to you a letter from my brother-in-law, in New Haven, which you are at liberty to use, publicly, provided you choose to do so over *initials* only. Enclosed are \$5, for which please to send me by return of mail, the saving remedies alluded to in the letter enclosed.

With respect,

G. D. H.

HARTFORD, Oct. 20, 1851.

#### CASE OF GRUB IN THE LIVER.

DEAR SIR:—I send you a statement of the effect produced in my case, by your treatment, which you can publish for the benefit of those similarly afflicted. For three years previous to my writing to you last spring, I had been troubled with a strange sensation in the region of the liver, which I could not adequately explain in words, and which my attending physicians seemed to know nothing of, telling me simply that I had a liver complaint, probably consumption of the liver. They prescribed for me, but their medicines did no good. I gradually grew worse and

worse, the strange sensation becoming every day more and more horrible to bear. At this point I chanced to see one of your circulars, speaking of *grub in the liver*. I immediately wrote to you describing my case, and received an answer which induced me to send for a course of your medicine. Thank God I did so; for I have no doubt but that for what you sent me, I should be in the grave, whereas, I am at this time entirely relieved from my difficulty, and in the possession of a degree of health greater than I have enjoyed before in many years. In two weeks after I commenced taking your medicines the strange feeling I have alluded to entirely departed, and from that time I continued to improve, till now I weigh *thirty pounds* more than I did last fall. Truly thankful that you have saved my life,

I am, respectfully yours,

OSCAR DAVIS, *Palmer, Mass.*

To Dr. H. K. Root, New York.

#### VAGINAL POLYPUS CURED.

DR. H. K. ROOT—DEAR SIR: The medicines you sent us for the difficulty with which my wife was troubled, have produced the most astonishing result. The tumor, or polypus, *has disappeared*, shrinking up gradually until it no longer causes the slightest trouble. My wife suffered for two years with this polypus, but we did not dare to have it removed by a surgical operation, fearing it would cost her life, for an immediate neighbor of ours, who was troubled with a polypus in the vagina, and who submitted to an operation three years ago, died the following day from the effects thereof, which was a warning to us. We tried many medicines, but in vain, and we were almost in despair, when a friend handed me a copy of the "Medical Adviser," in which we noticed that you spoke of cures of the vaginal tumor. This induced me to write to you for medicines, and truly they have proved themselves worthy the name of *infallible*. Myself and wife send you our heartfelt thanks.

With due respect,

O. B. P.

PORTSMOUTH, N. H., *May 1, 1850.*

#### CASE OF DRIED UP LUNG.

DR. ROOT—DEAR SIR: You will recollect that when you were in this city last winter, I procured from you a course of medicine for an acquaintance of mine, who was thought to be near his end with quick consumption. He was then unable to rise from his bed, and was extremely feeble. His physician informed him that his right lung was *completely destroyed, or dried up*, and that the left one was badly diseased. His friends believed he must soon die, unless relief could be obtained for him, and I induced them to give you a trial. After procuring the medicine, I immediately left town, and you may judge of my surprise on my return, to meet him in the street on my way home from the cars, and find he had entirely recovered. Eight weeks from the day he commenced taking your medicine, he was at work at his arduous trade of a carpenter. Although this may be a strong case, it is not the only one in which, to my certain knowledge, your skill has wrought almost miracles.

Truly yours,

JONAS C. MILLER,  
*House Builder*

BOSTON, *May 10, 1852.*

## LOSS OF SMELL RESTORED.

THIS will certify, that, for one year previous to last spring, I was entirely deprived of the power of *smell*, resulting from a violent and long-continued catarrh. During this time, I applied to three of the most eminent physicians in this city, but they not only did not afford me any relief, but expressed an opinion that I would never be restored to the use of the sense. Finally I went to New York and applied to Dr. H. K. Root. He said he could cure me; and though I somewhat doubted it, I paid him \$20, and got a course of medicine. I commenced to take the remedies, and in four weeks my catarrh had entirely disappeared, and my sense of *smell* was *restored as acute as it ever was*, and has so continued to this time.

ARTEMAS B. RICH.

ALBANY, July 10, 1852.

## CURE OF ASTHMA.

DR. H. K. ROOT—SIR: Having been a great sufferer from asthma, for twenty years, and lately derived so much benefit from a few weeks' use of Dr. Root's remedies, I feel grateful in making the acknowledgment, hoping it may lead others to the same means, and happy termination.

During the above period (twenty years), I have been under various medical treatment in different parts of Europe and South America, but to no purpose. I now enjoy rest at night, relish my food, and with cheerfulness attend to business.

I am, sir, yours respectfully,

ARTHUR CLARE.

NEW YORK, Sept. 6, 1851.

## CURE OF ASTHMATIC AFFECTION.

MR. H. K. ROOT—SIR: It is with great pleasure and satisfaction that I now address you, the purport of which is, to state to you my late distressing case, and to request, for the benefit of others, that you will make it public, and my cure, from your "universal natural remedies." I was ill for some time, by reason of taking a severe cold, which fell upon my chest and lungs, attended with a cough and hoarseness, and also with a great deal of expectoration, to a serious extent, for which I applied to several medical men, and took medicine for three months regularly, but without any change of my distressing symptoms, until I became weary of their prescriptions, and their protracted hopes of doing me any good. I was at length prevailed upon to apply to you. I found but little relief the first two or three weeks, but at the end of the month I began to feel great relief, both in my cough, hoarseness, and expectoration; and in a week or two more, I was delivered of my complaint in a wonderful manner, by the blessing of God and your instrumentality, and have continued so for several months. I have the happiness to enrol my testimony in the long list of your miraculous performances, and am conscientiously recommending my fellow sufferers to your advice and sympathy.

Sir, yours in gratitude,

T. JONES, JR.

NEW YORK, June 2, 1849.



## CURE OF SALT RHEUM.

To JOHN H. MOSELY, Augusta, Me.

DEAR FRIEND—Three years since, I was attacked with salt rheum upon my right leg. The eruption was at first very trifling, but exceedingly troublesome; being attended, as usual, by a burning, itching sensation. Very soon, however, it began to spread, and in the course of a year, very nearly encompassed the limb, about the knee, until the flesh became raw, to more than the bigness of both of my hands. A copious discharge of a watery humor had long compelled me to keep it bandaged, both day and night. The irritation continuing and increasing, rendered me, at times, unable to walk without limping. Being entirely ignorant of the nature of the complaint, I dared not apply any remedy to heal it, and became alarmed at the possible result of the difficulty. At this stage of the disease, I happened to read in a newspaper, a statement by Dr. H. K. Root, to the effect that he could cure the worst and most obstinate cases of this disease, when all other methods of treatment had failed. Though I had my doubts about the truth of such a statement, I nevertheless sent a description of my case to him, and received by express a course of medicine. I commenced to take them immediately, and before I had finished, was *completely cured* of the salt rheum, and experienced a *general renovation* of MY HEALTH. From my own experience, and what I have since learned from my acquaintances, I have perfect confidence in Dr. Root's medicines to cure the most inveterate humors; and as you tell me that you are now troubled with the complaint that once afflicted me, I send you these facts, that you may know where to apply for relief.

With respect,

A—— B. S——,

*Attorney and Counsellor-at-Law.*

PORTLAND, ME., April 18, 1851.

## CASE OF INVOLUNTARY EMISSIONS.

DR. H. K. ROOT—DEAR SIR: I write to you to return my thanks for restoration to health. Six months ago, I did not believe that at this time I should be among the living; but, thanks to your skillful treatment, I am now well, and, what is further, I feel that I can now with safety enter the matrimonial state without fear. What a change! Six months ago, through the emissions I could not prevent, the results of a habit contracted in youth, and before I was acquainted with its horrible effects, I was a skeleton in body, and a miserable being in every way. I felt myself an outcast from society; I looked forward only to the grave, and often meditated suicide. Strange that my friends did not know what it was that was hastening me to the tomb. But, thank heaven, one of your circulars fell into my hand, and by that I was instructed, and also induced to apply to you for relief. Now I glory in being a *man*, saved from the grave, and placed in the road to happiness, through your skill. In six weeks from this I expect to be married—a consummation of joy that once I never expected to realize.

That you may live long to save others, like myself, ignorantly led astray, is the fervent wish of

Your humble friend,

N. O. K.

NEW LONDON, CONN., March 17, 1850.

AN OVARIAN TUMOR CURED.

DR. ROOT—DEAR SIR: Agreeably to your request to keep you informed of the progress of Mrs. W——s, I write to state that, happily, we now consider her *cured*!! Eight months ago, I would not have believed any medicine that the skill of man could compound would ever destroy that frightful tumor; but that it has disappeared under the effect of your medical treatment, there is no room for doubt.

I give you liberty to make this letter public; and, for the benefit of others, will state more explicitly the case of my wife. Three years ago, there appeared a swelling upon one side of her abdomen, which increased in size for eleven months, when her physicians pronounced it to proceed from an *ovarian tumor*. At the same time, she was unfortunately with child, and five months thereafter was put to bed in travail. When the physician arrived, he found that it was impossible for the child to be delivered alive, in consequence of its head, in descending, having forced the tumor into the passage in such a way as to not only prevent delivery, but to nearly fill the entire strait. We dared not have the tumor extirpated by operation, fearful of destroying the life of my wife, in consequence of bleeding; and so the child had to be taken away piece-meal, by instruments. Determined not to incur the risk of having to perform another such horrible operation, I took a separate chamber, which I have continued to occupy till within the last four weeks. As all the physicians with whom I consulted agreed in saying that the tumor could be got rid of only by a surgical operation, we did not administer medicines, until I met you in Worcester, when you said it could be overcome; and now, nine months later, I write to say that your words have been verified, and that the tumor has disappeared.

Gratefully yours,

J. H. W.

NORWICH, August 1, 1851.

CASE OF PARALYSIS CURED.

IN July, 1849, now two years ago, my eldest daughter was thrown from a wagon, striking upon her side, which accident finally resulted in an almost total paralysis of the left side. Her periodical evacuations were entirely suppressed, and she had lost the power either to retain or expel the urine, and involuntary discharges were the consequence. One side was so completely paralyzed that she could not move a muscle. In this condition she suffered for over a year. We tried several doctors in this time, but none of them did her any good. I then applied to Dr. Root, of New York, who gave me a course of his medicines, and a Magnetic Compass. This treatment proved more successful than I had reason to expect, for in about three weeks afterwards, the periodical suppression was entirely removed, and the involuntary discharge of urine ceased to annoy her, and in the course of three months, both sensibility and the power of voluntary motion returned. His remedies seemed to work as if by magic; and but that we knew the recovery of our daughter was the effect of human skill, we might well have believed a miracle had been performed by some being higher than man.

D. C. B.

GREENFIELD, MASS., July 10, 1851.

## A CURE FOR CONSUMPTION.

DR. H. K. ROOT—DEAR SIR: Without detailing the horrors of mind and body of a consumptive invalid, surrounded with friends, with bright prospects of future happiness, soon to be blasted by death, allow me to say to you, my dear sir, your ingenious examination into the true nature of my case, the life-giving power of your medicines, your kind directions in the recovery of my health, have effected my great cure of consumption. My heart is filled with tenderness and love for your future prosperity and success. Accept my best respects, and believe me to be your devoted friend and advocate.

WM. H. WRIGHT.

NORTH PROVIDENCE, R. I., April 4, 1849.

## CASE OF FALLING OF THE WOMB.

I HAVE used the abdominal supporter, and a great variety of medicines, for falling of the womb, etc., but could find no relief. But accidentally hearing of Dr. H. K. Root, of New York, I called to see him; he gave me a little package of herbs, and I took four or five doses, which cured me.

MRS. ELIZABETH COOK.

NEW HAVEN, CONN., Dec. 20, 1850.

## CURE OF ERYSIPELAS.

DR. ROOT—DEAR SIR: I desire to give my testimony in favor of your celebrated *Blood Medicines*, in the cure of erysipelas. And this I do *from my own experience*. My family physician said I could not live. A council of physicians pronounced me in a dying state. Both my limbs, from the knee down, were so swollen that the skin was cracked open in many places, and of so dark a purple color, that it was supposed they had commenced mortifying. I could not move except with the greatest difficulty on crutches. I obtained a course of your medicines, and now, at the end of eight weeks, I am perfectly cured, and am as well and hearty as any man of my age, which is 73 years. The cure in my case is considered in this vicinity truly the most remarkable ever known.

With the highest esteem,

J—— H. W——,  
*Ex-County Judge.*

CHARLESTOWN, MASS., March 28, 1851.

## TESTIMONIALS OF TWO LADIES.

DR. H. K. ROOT has, by his great intuitive knowledge, ingenuity and perseverance, in detecting and fully ascertaining the secret of life and health, achieved the highest honor of his profession. He is a perfect, accomplished, Lady Doctor—skillful, successful, kind, sympathizing and obliging in the cure of diseases peculiar to ladies. I have never seen his equal in my case either by physicians in Europe or America.

EMILINE HOWLAND.

NEW YORK, Dec. 10, 1849.



I HAVE been cured of diseases peculiar to females by the celebrated Dr. H. K. Root, 512 Broadway, New York.

LUCY PHELPS.

NEW YORK, *July 20, 1850.*

#### RECOMMENDATION FROM A PHYSICIAN.

FOR that dreadful and destructive disease, consumption, attended with large expectoration, bleeding lungs, night sweats, and wasting of flesh, Dr. H. K. Root is the physician, and the only physician to rely upon. The Doctor's keen eyes and quick understanding detect the lurking seeds of consumption in the blood, when no other Doctor could do so. Believe me, Dr. R. has no equal on the globe for ameliorating the condition of the sick.

CHARLES GARDNER, M.D.

BUFFALO, *Nov. 20, 1850.*

#### ANOTHER CASE OF CONSUMPTION.

WHEN I had been given up to die with consumption by all of my physicians, a new hope filled my soul of recovering sweet health. Dr. H. K. Root, of New York, I had full confidence in as being the instrument of my redemption. Physicians, having given me up to die, learned of my applying to Doctor Root, and took the liberty to call and tell me my case was incurable, and that Dr. Root was a quack, and I should certainly die if I took his medicines. Die I must without medicines; die I must with the physicians I had had; and to die with Dr. Root's medicines, as I was told I should, I must say, hemmed me in with death on every side. I perseveringly tried Dr. R.'s remedies, which soon relieved my cough, pain, expectoration, and diarrhoea, and flesh returned to my bones, strength to my muscles, life to my eyes, and blooming health, which is the PEARL OF GREAT PRICE. When well, I directed a note to those physicians, thanking them for their uncalled-for kindness and sympathy in my hour of sorrow and affliction.

MRS. J—— H. A——.

NEW BEDFORD, MASS., *Nov. 20, 1850.*

#### ANOTHER LADY'S TESTIMONY.

THIS is to testify that I have suffered for a long time with the liver complaint, falling of the womb, nervous fits, and other weaknesses, such as are common to females. To all appearance I was fast going into a consumption. My complaints were such as to confine me to my bed. I had also lost all hope of ever being again restored to health, till happily I saw a notice of Dr. Root's, and was induced to call on him at his office in New York. He gave me a full course of medicine, with much valuable advice, which I endeavored to follow: and by doing so, and using his remedies, I am happy to say my health has been *completely restored*. My husband feels deeply grateful to Dr. R. I would recommend any of my sex, troubled with female difficulties, to call on him.

MRS. R. H.

HARTFORD, *Nov. 30, 1851.*

## WHITE SWELLINGS—ULCERATIONS AND EXFOLIATION HEALED.

DR. H. K. ROOT—DEAR SIR: I wish to present you the facts in the extraordinary cure of my aunt, Mrs. Washburn, living with me in this place, by two courses of your medicines; the first of which I obtained at your office in person, the second sent us by express. This case proves your skill in the treatment of this class of complaints. Mrs. W. has been afflicted for the last sixteen years with necrosis or white swellings, attended with ulcerations and exfoliation of various bones, during which time many pieces have been discharged from the frontal bone of the cranium, from both her arms, wrists and hands, and from both legs, and from the left femoral bone, and from the right knee, besides painful ulcers on other parts of her person, which have baffled the skill of a number of the most eminent physicians of our city. During most of the time her sufferings have been excruciating and deplorable. About six months since she commenced with your medicines, and they had an astonishingly happy effect upon her, by removing all pain and swellings, and causing the ulcers to heal, while at the same time her general health has become completely restored, so that she now weighs some 20lbs. more than she did before she commenced their use. No one, I am sure, need despair of being cured of a white swelling, when they hear of this truly extraordinary case.

SAMUEL BERESFORD,

*Attorney.*

BUFFALO, Aug. 16, 1851.

## CANCEROUS ULCERS OF THE WOMB CURED.

THIS certifies that I was for upwards of five years grievously afflicted with an ulcerated womb, (according to the testimony of physicians,) which gave me the most excruciating pains at times, reduced me to a skeleton, and also made child-bearing impossible. During all this time I suffered more than tongue or pen can tell; and only one who has been similarly afflicted, can have the slightest idea of the agonies this terrible affliction occasioned. My regular physicians prescribed for me about three years, and then declared the case was beyond their skill; and told my husband that the disease would carry me to the grave in a very few months. But as we clung to hope, and sought every possible way of escape, Mr. H. purchased large quantities of syrups and sarsaparillas which we saw advertised, trying no less than eight different kinds, but they did not help me. I had almost begun to despair, and my friends thought I could live but a few days longer, when an aunt of ours from Worcester, Mass., made my family a visit. She had but just recovered from a long attack of malignant scrofula, under the treatment of Dr. H. K. Root, of New York, and insisted that I should apply to him. After much persuasion on her part, my husband was induced to visit Dr. R., and state my case to him. He returned with a course of medicine, which I began to take, and in four weeks thereafter I began to feel much better than I had at any time in the five years previous. More medicines were obtained from Dr. R., and I continued to use them for six months, at the end of which period, strange as it may seem, I found that my difficulties had entirely disappeared. My health returned; I fleshed up wonderfully, and since then have had a sweet babe added to our family. I am truly grateful to Dr. Root for restoring me to health and happiness, and shall never forget him while my life is spared.

MRS. O. B. H.

JERSEY CITY, Dec. 31, 1850.

## EXTRAORDINARY CURE OF BLEEDING LUNGS.

TO DR. ROOT—SIR: I beg to acquaint you of the astonishing relief I have obtained from your invaluable advice, and still more invaluable remedies. I have for some time past been subject to bleeding from the lungs, attended with extreme weakness and general debility of my whole frame, which, together with the continual coughing and shortness of breath, rendered me unable, at times, to do any kind of work, or scarcely to walk. I had recourse to various medicines to obtain relief, but all proved ineffectual; my complaint still remained, and I had given up all hopes of obtaining it, believing, after what had been tried, that it was impossible—that my case was one of those for which no remedy could be found. But I was happily introduced to you, and within eight weeks was in such a state of health as I had not for many years before enjoyed. Having now adopted your remedies for a short time only, I have scarcely any remains of my complaint, and believe I shall be perfectly restored to health and strength in another month or two. I feel it my duty to do my utmost in making known to others your truly precious remedies. If you choose to publish my case, I am ready to satisfy any one who may apply.

I am, Sir, your humble servant,

WILLIAM STOCKTON

BROOKLYN, L. I., *April 1, 1852.*

## EXTRAORDINARY CURE OF CANCER.

DR. H. K. ROOT—DEAR SIR: I have been for more than fifteen years afflicted with cancerous tumors in both my breasts, for which every possible means, as I thought, were used for their removal, without the slightest benefit. They continued in size and painfulness until they became running cancers. My friends gave up all hopes of my life. At length one of your papers was left at our residence, in which I saw a representation of a case of cancer exactly like my own, cured by you. At that time it was with difficulty I could raise my hands to my head, neither could I dress or undress myself without assistance. My husband then called on you and got some medicines, which I began to take. I continued them for five months, and they effected a perfect cure. The ulcers have healed, and the pain and hardness are removed. I feel that I have been rescued from the jaws of death; and I can, therefore, conscientiously recommend all similarly afflicted to call on you.

With gratitude and esteem,

LUCY LORD,

*West Sixteenth st.*

NEW YORK, *March 7, 1851.*

## BLEEDING LUNGS AND GRUB.

TO GERALD W. HIGGINS, *Richmond.*

DEAR SIR: As you have requested a statement from me of the difficulty with which I was afflicted a year ago, together with the means of my cure, I will endeavor to comply.

After having been troubled with a severe cough, and a strange feeling in my lungs for two years, I commenced spitting blood from my lungs, and I became very much debilitated, with loss of appetite, and much suffering, for which I was va-



rously treated without mitigation. I grew more and more feeble; my physicians informed me that I could not reasonably hope to live over six months. And seeing thus death before me, I made all preparation possible to depart this life; settled up my business, made my will, &c., as you are aware. One day, now six months ago, (a day I shall remember in thankfulness,) I accidentally picked up in a hotel, where it had probably been dropped by some gentleman from New York, a copy of a paper called *The Medical Adviser*, published by Dr. ROOT. From reading that paper, I was induced to state my case to him by letter. I received an answer, stating that I probably was troubled with grub in the lungs. I sent to New York for a course of medicine, and three days after receiving and commencing to use them, I spit up, mixed with bloody matter, several dead insects, some of them nearly the fourth of an inch long. The following day more were evacuated. Two days after this, according to direction, I left off taking one kind of medicine, and continued the remainder. My health and appearance began to improve. When the medicine was exhausted, I sent for another course, and by the time that was used, I felt myself *restored to health and life*. I re-commenced business, and am now as well as I ever was. Such is a statement of my case, in brief. I have not the least doubt that the treatment of Dr. R. saved my life.

Truly yours,

JOHN H. ALEYER.

NORFOLK, VA., *Sept. 6, 1851.*

#### MILK LEG CURED.

I CERTIFY that I have been afflicted for ten years with what is commonly called *milk leg*, and after trying many remedies and physicians, without relief, I at length wrote to Dr. H. K. Root, who sent me a course of medicines, with directions. My ankle began to show signs of irritation in two or three days after taking his remedies, and appeared to get worse for some time. The medicine appeared to throw all the disease out to the surface. My fingers at length showed the influence of the medicine to their very ends; but now I believe it has effectually cured me. My ankle has completely healed, and I walk as well as ever I did. It is nine months since I have considered myself perfectly well.

MRS. SUSAN G. RADCLIFFE.

CHICAGO, ILL., *Oct. 15, 1851.*

#### CASE OF TUMOR CURED.

DR. ROOT—SIR: With heartfelt gratitude to you while under care and kind treatment, and for the benefit of suffering humanity, I feel anxious to make known the astonishing cure that has been performed in my case by your well-known and unequalled skill. I have been suffering, for upwards of seven years, with a terrible disease—a scirrhus, or cancerous tumor on the womb. This distressing complaint has been attended with the most excruciating pain for the last year. Many times a day, the pain has been as keen as it would have been if a lancet had been pierced into the flesh each time. There was an entire stoppage of water nearly all the time, with an acute inflammation in the bladder. I have had the advice of many of the best physicians and surgeons in the state, without any benefit; for my case

was given up as incurable by them, and they thought I must die from it. But now, after taking two courses of your medicines, prepared for me, I feel myself well, and our family physician informs me that the tumor has subsided, or dried up. I am deeply thankful that Providence directed me to you, through whom my life has been kindly spared. You are at liberty to publish this, but as my husband does not like to have my name used publicly, please only to make use of the initials.

With many thanks, that through you I am spared to take care of my children,  
I am, dear sir, truly yours,

M. E. B.

PORTLAND, ME., Aug. 6, 1851.

#### ANOTHER CASE OF TUMOR.

DR. H. K. ROOT—RESPECTED SIR: One year ago I called on you when in this city to be cured of a tumor in the womb, which had been cut out once, and returned again larger than ever. Although you would not warrant me a cure, yet my cure has proved as you stated. Before the last of the course of medicines were gone, I was as well as ever.

I shall always consider my life saved by you, for I am confident another operation would have ended my days, from the loss of blood.

With respect, I wish you success in your practice,

Mrs. V. C.

SALEM, MASS., March 10, 1850.

#### DISEASED KIDNEY AND GRUB.

DR. ROOT—SIR: Words fail me to express my confidence in the efficiency of your treatment and invaluable medicines. For several years I was afflicted with inflammation of the kidneys. In 1833, I suffered much for months. Quiet sleep was a stranger to my eyes. Application was made to several physicians; but from them I gained only a temporary relief. In 1841, my complaints assumed a more alarming aspect. My pains were excruciating. I again applied to physicians, but obtained no relief. Finally, I was induced to call upon you, believing from what I saw in one of your circulars, that my kidneys were also infected with the grub; the gnawing feelings I often experienced in that region being exactly described in your circular. From the course of medicine you sent me I found immediate relief, and am *now perfectly well*.

Yours, sound as a nut,

HORATIO HAVENS.

NASHUA, N. H., Oct. 8, 1850.

#### INFLAMMATION OF THE TONSILS.

DR. H. K. ROOT: I give my testimony most cheerfully in behalf of your medical treatment. My wife was greatly afflicted for two or three years past with inflammation of the "tonsils;" they were much enlarged; often very painful and affecting her speech, and rendering swallowing quite difficult. She was entirely cured by a few days' use of your medicines, received from you. My child, three years old, had at the same time a most unsightly and offensive sore, covering the whole face this also was completely removed and cured by the use of your remedies.

Both of these cases have been variously treated without any mitigation. From what, therefore, I have seen of your skill, I shall recommend you to all I meet suffering from disease.

Yours truly,

JONAS LOCKWOOD.

WORCESTER, MASS., *Sept. 21, 1850.*

#### THE WISE MAN.

To Dr. H. K. Root, 512 *Broadway.*

FOR the benefit of persons similarly situated, I desire to state my case, that others, like myself, may be wise, and save the life of one near and dear to them. I was married two years ago, and at the end of a year my wife was confined in child-birth. The attending physician, immediately upon being called, greatly alarmed me by stating the life of my wife was in great danger, and that she could not be expected to live except by destroying the life of the child, and removing it by an operation—by reason of some particular and uncommon construction of the bones in the central region, which made it impossible for Mrs. B. to have any live children. To save the life of my wife, the operation upon the child was performed, and its life destroyed; and even then, it was many days before Mrs. B. was thought safe. We daily expected to lose her.

By reason of this misfortune, I found that prudence demanded that conception should not again take place; but how this was to be avoided I did not know, unless at the entire relinquishment of sexual pleasure. But, happily for the health and life of my dearly-beloved wife, a friend directed me to call upon Dr. Root. I did so. Two years have now gone past, and without the loss of any pleasure connected with the matrimonial state; the life of my wife is safe, and my own health happily preserved, for which I am duly thankful.

You can publish this letter if you wish; but I would prefer that in doing so my name should be suppressed.

With respect and esteem, B. A. B.

NEW YORK, *July 28, 1852.*

#### SCALD HEAD CURED.

THIS will certify that my son had suffered severely with scald head for seven years, and been under the treatment of no less than six different physicians, without receiving from them any material benefit, until at last I took him to Dr. Root, who gave me a course of his Blood Medicines, and two bottles of Hair Producer. I was induced to call on him by seeing his paper, with a cut giving a case of scald head exactly like my boy's. We used Dr. R.'s remedies for two months, and my son was completely cured, and has now a handsome head of hair.

HENRY G. GATES.

BRIDGEPORT, CT., *Aug. 9, 1850.*

#### A DREAM FULFILLED.

To Dr. H. K. Root.

MY DEAR FRIEND: Having been restored to a state of perfect health by the course of medicine obtained from you in February last, and by following your



wholesome advice, I wish to return my thanks, and also to communicate to you a truly extraordinary dream which has in my cure met with its entire fulfillment.

Previous to last December, I had been thought in an incurable state of consumption. My physicians and friends had given me up; but I always entertained hopes of recovery. One night, the latter part of December, I dreamed of calling upon a physician, who told me my case was not incurable—told me to keep up good spirits, and comforted me with cheering words. I thought he had something in his office resembling a clock, very splendidly ornamented. There seemed to be many in to see him; and as he turned to attend an emaciated invalid, I awoke! O, how sorry I felt that it was only a dream; and how I regretted that I did not sleep longer, so as to have dreamed where I might find the doctor; for I firmly believed that my dream was to come to pass, and that at the hands of the physician I should be restored to health.

I waited patiently for a week or two, till one evening my husband brought home a paper called the "Medical Adviser," in which I saw a picture exactly like the emaciated invalid in my dream, and a portrait of a physician I at once knew to be him I had dreamed of seeing. I immediately started for New York; there I found the doctor of my dream, and the clock in the Lung Barometer. Then I felt certain that I had found the *healing physician*. I procured a course of medicine and returned home; and now, thanks be to Providence who directed me to you, I am restored to health.

That you may live many years to comfort the sick, is the wish of your grateful servant,

MRS. AMANDA BRIGGS.

PHILADELPHIA, *March 8, 1852.*

#### FEMALE COMPLAINTS.

DR. ROOT—DEAR SIR: I think it highly important that the public should be apprized of the virtues of your treatment of diseases. I suffered for upwards of two years with many of the complaints incident to females, being always under the care of a physician, without any appearance of regaining my health, till I commenced using your medicines, which have cured me in less than six weeks. You are at liberty to make any use of this you think proper, for the benefit of the afflicted.

MARY BILLINGS.

DUNKIRE, N. Y., *August 8, 1851.*

#### A TRULY EXTRAORDINARY CURE.

DR. H. K. ROOT—MY DEAR SIR: I am pleased beyond expression to inform you of the extraordinary cure by your treatment in my case. Eight or nine years since I was attacked with a violent scrofulous affection. Painful ulcers appeared on my face and neck, which in a short time ate the flesh to the bones. My sufferings were awful. In a short time ulcers came out on my arms and body. The discharges from the ulcers were so offensive that it was unpleasant for any one to stay in my room. I applied to several physicians, who informed me it could not be cured except by my undergoing a mercurial treatment, which I was very loath to do. However, my disease continuing, the ulcers increasing in size and number, my health becoming daily impaired, and death inevitable, I consented to the treatment. I took

an immense deal of calomel and mercury before the disease appeared to be arrested, every joint in my body seemed loosened, and much swollen and sore. I was pronounced cured of scrofula, but badly afflicted with a "mercurial disease."

My system was in a horrible condition. Every change in the weather would bring upon me pains which were almost beyond endurance. My digestive organs were very much impaired; the ulcers would occasionally re-appear, discharging very offensive matter.

At this period I was induced to try the effect of sarsaparilla, of which I procured of the Townsends, Sands, and others, more than fifty bottles in all; but it seemed to do me not one particle of good. I despaired of ever being cured; my life was a burthen to me; I often felt as though I would rather die at once than linger on in such awful misery without hope. About eighteen months since, some of my friends informed me of several cures of scrofula performed by you, and advised me to apply to you, and I did so. At the time I was suffering tortures, my limbs were much swollen and very painful, the ulcers discharging very offensive matter; nothing but large doses of laudanum enabled me to sleep. In three weeks from the time I began with your course of medicines, I experienced a benefit; my digestive organs much improved, and seemed to regain their healthy exercise; my appetite was much increased, and I felt stronger throughout my whole system; the ulcers discharged very freely, and the discharges became less and less offensive. All the swelling and soreness soon left me, the discharges subsided, the ulcers commenced healing, and in two months all appearance of ulcers were removed, and I was permanently cured. I have enjoyed uninterrupted good health for the last fifteen months. I am convinced that scrofula and mercurial diseases are entirely eradicated from my system. I have not had an ache or pain for more than a year past; and I am confident that had I applied to you before using the calomel and mercury, it would have prevented all my suffering, and saved me several hundred dollars. I am now, thank God, a perfectly well man, and attribute it entirely to your medical skill.

Wishing you every success in your business, I am, respectfully, your obedient servant,

ORLANDO P. ROGERS.

NEW YORK, *January 6, 1852.*

#### DIARRHŒA AND CHOLERA.

I HAVE had repeated attacks of diarrhœa and cholera morbus, within a few years past, attended with severe pain, and producing great prostration of strength; and I have hitherto found nothing to do any good but Dr. Root's *Remedies*, which have often arrested the complaint, and restored me to my usual health in a very short time. I can cheerfully recommend them for all such complaints.

HARVEY G. HOOKER.

NEW HAVEN, *August 8, 1851.*

CERTIFICATES OF CURES  
BY  
CIRCULATING MEDICINES.

DROPSY AND DYSPEPSIA.

DR. H. K. ROOT—DEAR SIR: I have been afflicted for eight or nine years with a distressing pain in my stomach, costiveness in my bowels, my limbs very much swollen. After eating my meals I was in great distress for a short time, and then threw up what I had eaten. In short, sir, I have scarcely found rest or comfort during that length of time. I have tried all kinds of medicine that I could think of, to little or no advantage, and had almost given up all hopes of ever getting any relief, being now over sixty years of age. I saw your advertisement, and I thought I'd try once more. I have taken now for about ten weeks your *Water Corrector*, *Anti-Bilious Pills*, and *Blood Renovator*, and they have completely regulated my system. I now eat anything that comes before me, and have not been sick since I commenced taking them. I sincerely and heartily thank God, and render my good will and thanks to you, for I believe your medicines have been the means of giving me health and comfort in my old age.

JAMES ALGER.

TROY, N. Y., May 6, 1852.

CURE OF HEART DISEASE.

DR. ROOT—SIR: I suffered for about a year previous to last spring, from a derangement of the action of the heart. Having seen your *Heart Regulator* highly recommended for use in such cases, I procured and used a single bottle, with entire success.

The disagreeable symptoms speedily disappeared, and I have never, except in one or two instances, easily accounted for, had any recurrence of them; and when they occurred, were easily removed by a single dose of the *Regulator*.

Being really of opinion that this medicine is of unquestionable value as a cure for heart diseases, (in which opinion I am happy to know that I agree with many intelligent physicians,) I have no hesitation in permitting this certificate to be used in any way that will promote its more general use.

ELIJAH H. BOYD.

CONCORD, N. H., June 12, 1851.

FEMALE COMPLAINTS.—TO MOTHERS AND MARRIED LADIES.

[LETTER FROM A PRACTICING PHYSICIAN.]

DR. ROOT—DEAR SIR: For the last two years I have been making use of your *Blood Renovator* in my practice, in the treatment of females. In all cases of female diseases, I consider it of inestimable value. It would take many letters like this, were I to give you the names of the most respectable ladies who have been helped by it under my direction. Weakness, irregularities, low spirits, pain in the breast



and side, chlorosis, fluor albus, prolapsus uteri or falling of the womb, costiveness, obstructed or difficult menstruation, general prostration of the system, and all affections of similar character, are immediately and permanently relieved by this article.

The enervating nature of our climate renders some *natural stimulant* necessary for the preservation of female health, and surely nothing can be so safe or efficacious as the stimulant which Nature herself has provided.

Young ladies just entering womanhood, are always more or less subject to painful and distressing symptoms; these are immediately relieved and corrected by the *Blood Renovator*, which by its wondrous effect of equalizing the circulation and promoting the proper secretions, tends to restore health and vigor to the whole frame. Ladies who have arrived at that critical period, called "the turn of life," are assured that much suffering and alarm can be saved themselves and their families by the use of the *Renovator*. The most gratifying results have uniformly attended the administration of this article in my practice in all cases of female complaints, and it is only requisite to make the trial, to be convinced that everything which is here promised will be fulfilled.

SYLVANUS BLACK,  
*Botanic Physician.*

ANNAPOLIS, MD., May 10, 1852.

#### COUGHS AND COLDS.

DR. ROOT—DEAR SIR: Having lately tried your celebrated *Lung Corrector*, for a cough and cold, with marked success, I cannot, in justice to you, withhold my testimony in its favor. For several days I had been suffering from the effects of a severe cold, accompanied by a very sore throat and sick headache, which completely incapacitated me for business. I had taken but a small portion of a single bottle of this article, when I experienced immediate relief. My cough was broken up at once, and my lungs entirely relieved from the pressure which had become so painful. I attribute this relief entirely to the good effects of your *Lung Corrector*, as I took no other medicine whatever. I shall cordially recommend it to all my friends.

Respectfully yours,

JOHN D. PALFREY.

BOSTON, March 28, 1852.

#### REMOVAL OF PAIN AND INFLAMMATION.

DR. H. K. ROOT—DEAR SIR: I have made free use of your celebrated *German Vegetable Ointment*, for the last two or three years, and have found it to be one of the most efficient remedies to remove pain and inflammation, and in the healing of wounds, of any remedy I have ever used in my family.

Gen. URIEL TUTTLE.

TORRINGTON, May 27, 1848.

#### REMARKABLE CURE OF PLEURISY.

THIS certifies that I have used Dr. H. K. Root's celebrated *German Ointment* for a severe attack of pleurisy, and have found decided relief by its use; I therefore

cheerfully recommend it as being a safe and invaluable medicine for this terrible disease.

HENRY D. WILCOX.

CHESTER, MASS., Nov. 23, 1845.

#### FITS, FALLING OF THE WOMB, AND GRAVEL.

DR. H. K. ROOT—DEAR SIR: I am at a loss how to express the value of your medicines for the above complaints, as I have for a long time been afflicted with them, attended with fits from two to twenty times a day. Having had some of the most eminent physicians without receiving any help, I had made up my mind to suffer, till one of my neighbors persuaded me to send to Dr. Root, and get some of his medicines. I procured the *Heart Regulator*, *Blood Renovator*, *Water Corrector* and *Female Wash*. These articles *entirely cured me in two months' time*. Two months have passed, and not the least of the complaints have made their appearance. A sense of duty has caused me to bear testimony to the above, that others may know where to obtain relief.

MRS. J. H. B.

SARATOGA, Nov. 8, 1851.

#### SAVED BY THE LUNG CORRECTOR AND INHALING FLUID.

DR. ROOT—SIR: Last spring I was severely afflicted with a cough, which my friends and physicians thought would terminate in an incurable consumption. I gave up all hope of being cured, as my physicians could do nothing for me. I then bought a bottle of sarsaparilla, but instead of doing me any good, it seemed to drive the disease in, and fasten it more firmly in my system, and instead of making me stronger by its use, I became so weak I could scarcely hold up my head. One of my family fortunately saw your advertisement, and I sent for three bottles of your *Lung Corrector* and two bottles of the *Inhaling Fluid*. The first doses of these I used, I felt better. They produced a remarkable sensation through my whole body, and I began to improve in strength rapidly. My dry, hacking cough left me, and I felt like a new man. Although this is an imperfect statement of my case, yet I firmly believe these medicines saved my life, and I wish to testify my thanks.

Yours, &c.

WM. HEYWORTH, Clerk.

PROVIDENCE, July 9, 1851.

#### ANOTHER LADY SAVED.

DR. ROOT—DEAR SIR: I wish I could tell all that suffer with a cough, what your *Lung Corrector* has done for me. It does seem they might be benefited by the information. I had a lung fever which left my lungs weak and inflamed. Being very feeble and unable to gain strength at all, my friends thought I must soon sink in consumption. I had no appetite, and a dreadful cough was fast wearing me away. I began to take your beautiful medicine, by the advice of a clergyman, who had seen its effects before. It eased my cough at first, and gave me rest at night. In less than a fortnight I could eat well, and my cough had ceased to be troublesome, my appetite returned, and my food nourished me, which soon restored my

strength. Now, after five weeks, I am well and strong, with no other help than your *Lung Corrector*.

Yours, with respect,

SARAH BEVINS.

CLEVELAND, OHIO, *June 12, 1850.*

I hereby certify that the above statement of my wife is in conformity with my own views of her case and her cure by Dr. Root's *Lung Corrector*.

JOSEPH BEVINS

#### PALPITATION OF THE HEART.

DR. ROOT—DEAR SIR: My little daughter, aged nine years, was afflicted with palpitation of the heart, attended with depression of spirits, loss of appetite and general languor. The symptoms became alarming. I had recourse to your *Heart Regulator*. The effect was wonderful. One dose stopped the palpitation entirely! I continued to administer it for about four weeks, and an entire cure was effected. One year has now elapsed, and not a symptom of the disease has returned.

With great esteem,

WM. MEIGS.

NEW HAVEN, *Feb. 6, 1851.*

#### A CURE FOR QUINSY, CROUP, &c.

I HAVE been cured of quinsy, or a severe sore throat, with Dr. H. K. Root's celebrated *German Ointment*—the wonder of the age.

JOSEPH C. WHITNEY.

SPRINGFIELD, MASS., *Nov. 20, 1846.*

I have witnessed the same speedy effect from Dr. H. K. Root's *Ointment*.

IRENA STOCKWELL.

NEW HARTFORD, CT., *July 1, 1847.*

#### SAVED FROM CHOLERA AND WORMS.

DR. ROOT—DEAR SIR: Though I may be a stranger to you, you are not to me. I have become acquainted with you through your invaluable medicines. You have been the means, under God, of saving the life of my only surviving child, and I should feel myself ungrateful not to express the deep feelings of obligation I am under to you for having sent forth medicines so well calculated to relieve and assuage the ills of our suffering world. Let me state the case of my loved child. She is nearly five years old; was attacked with *cholera* in a most violent manner. For a time I gave her up as lost. I used your *Dysentery Specific* and *Anti-Bilious Pills* freely. She threw up two worms, which inclined me to believe worms to be connected with the attack. I consequently gave your *Worm Killer*. The disease was checked, and judge my surprise to see a discharge of worms, knotted together, some of them eight or nine inches long, killed by that invaluable remedy. She is now well, and I am confident nothing but this remedy could have saved her. I have used your medicines for some four years with great success, and value them very highly.

With grateful respect,

HERBERT LONGSTREET, D. D.

CINCINNATI, OHIO, *Sept. 1, 1850.*



## EPILEPTIC FITS AND PALPITATION OF THE HEART.

By the request of Dr. H. K. Root's agent, I hereby state that for the past six years I have been subject to attacks of epileptic fits of a severe character, which were gradually increasing in severity, and had rendered my general health very poor. I also had constant palpitation of the heart. I tried many things, and consulted many physicians, but with very little relief. The *Heart Regulator* and *Blood Renovator* were recommended to me; which I procured and used with the *Anti-Bilious Pills*, according to directions. The effect was an *immediate benefit*—and by perseverance in their use, I now feel justified in saying that I have quite recovered my health, having had no attack of epilepsy for over seven months.

CHARLES CARPENTER.

BOSTON, MASS., Dec. 2, 1849.

## WONDERFUL GOOD FOR FRESH WOUNDS.

DEAR SIR: I received a severe wound on the knee-joint with an axe, which gave me much fear of losing my limb. I was persuaded to use the *Great German Remedy* called the *German Ointment*, prepared by Dr. H. K. Root, which extracted the inflammation, healed the wound, and restored it to immediate use.

JOSEPH LAW.

BECKET, MASS., Oct. 7, 1846.

## CASE OF CATARRH CURED.

DR. ROOT—DEAR SIR: I wish to give my evidence in favor of the remarkable properties of your *Catarrh Snuff*, in the cure of that distressing affection, catarrh. I was severely troubled with this complaint for many years, sometimes almost choking me to strangulation. Frequently I have been awakened by it in the night, and thought that I should certainly die, by reason of its seeming to fill up my throat and head completely. For eight years I tried first one thing and then another, in vain endeavors to get rid of my complaint, but all to no avail; it kept growing worse and worse, in spite of my efforts for relief; and, I doubt not, but that I providentially fell in with your remedy, it would finally have caused my death.

Early last spring (one year ago) I was in New York, and had the fortune to pick up one of your circulars in a hotel. It gave me courage to try one more remedy. I procured at your office two vials of the *Catarrh Snuff*, a box of *Pills* and a bottle of the *Blood Renovator*. On my return, I commenced the use of these articles, and before they were gone I was not only relieved, but, as I truly believe, *permanently cured*, for I have not had a return of the catarrh up to this time. I recommend it to all I meet troubled with this affection, and I know of not less than twenty cases where it has proved equally valuable as with myself. You are at liberty to make this public.

With much esteem,

HENRY G. SEAMAN,  
Flour Merchant.

BUFFALO, N. Y., June 10, 1852.

## INFLAMMATION IN THE EYES.

THIS certifies that I have used Dr. H. K. Root's *German Ointment and Eye Water*, for inflammation in my eyes, which effected a speedy and permanent cure. I have also used the Ointment in my family for inflammatory complaints, and believe it to be the best compound for inflammatory diseases that has been introduced into my family.

DWIGHT GIBBS.

OTIS, MASS., Sept. 1, 1845.

## ANOTHER GREAT CURE OF DYSPEPSIA.

*The Blood Renovator and Anti-Bilious Pills.*

DR. H. K. ROOT—RESPECTED SIR: I feel that no sense of pride, or delicacy, should deter me from expressing publicly my gratitude, for the astonishing power and efficacy of your *Blood Renovator and Anti-Bilious Pills*, in restoring me to health, after suffering more than six years from dyspepsia and liver complaint, during which time I had the best medical advice, with no benefit except temporary relief.

Some three years ago, my case became more hopeless, from an attack of diarrhœa, which confined me to my bed for eight weeks, causing great prostration of the whole system. I obtained a little relief, but the diarrhœa continued, and the constant pain and suffering I endured, can hardly be described; the most delicate food distressed me, causing severe headache, flatulency, and acidity of the stomach; my spirits, too, at times, were so depressed from the disease, that I felt as if nothing could ever make me cheerful again; even the singing of birds, and music, of which I was always so fond, tended only to fill my soul with sadness, and render my spirits more gloomy and depressed.

About two months ago, I was so much reduced that I could eat scarcely any food whatever, and was obliged to take my bed, in despair of ever getting any better, and feeling that my disease was beyond the power of medicine. At this time I read one of your advertisements, and obtained some medicines. However surprising, it is nevertheless true, that I was almost immediately relieved of every symptom of my various complaints, and gained so rapidly, that I was a wonder to all who knew me after using them for about two months.

I am now in better health than I have enjoyed for many years, and attribute my restoration, by the grace of God, to your invaluable medicines. I shall recommend all who suffer from any similar complaints, to try these wonderful remedies.

Respectfully yours,

MISS JANE E. BURDICK.

SPRINGFIELD, March 6, 1851.

## BLINDNESS CURED.

DR. ROOT—SIR: In return to you for the extraordinary cure wrought upon me by the use of your *Blood Renovator, Anti-Bilious Pills and Eye Water*, I take this opportunity to bear testimony to the afflicted, that it is by the use of the above medicines only that I am indebted for the restoration of my sight. Last spring I was taken with an inflammation in my eyes, which increased to blindness, or so

near it that I could not see a chair or table when I was near enough to touch it. Four of the most eminent physicians attended me, and pronounced my case incurable. I commenced taking your *Renovator* and *Pills* and using the *Eye Water*, according to the directions. The first ten days my sight greatly improved. After this, by perseverance, my sight was restored, so that I am now well, and able to attend to my business. With an unbounded gratitude I shall ever subscribe myself your grateful friend. There are many ready to attest to the above, if wanted.

Yours, with respect,

JOHN FARNHAM.

PITTSFIELD, Aug. 18, 1850.

#### FALLING OF THE WOMB CURED

DEAR DOCTOR:—I was attacked by all the symptoms of confirmed consumption, viz: great debility, pain in the side, extending to the small of my back, incipient coughing, &c., together with being afflicted with falling of the womb, and a leucorrhœal difficulty. To such a state was I reduced, that my physicians had entirely given me up, and I had lost all hopes myself of ever recovering, when fortunately for me, I saw one of your papers containing engravings of the falling of the womb, and of the consumptive. My husband sent to you for the *Blood Renovator*, *Lung Corrector*, *Anti-Bilious Pills* and *Female Wash*, though he had little faith in them. I commenced using these medicines, and persevered six months, (growing all the while better) and am now restored to a state of perfect health, such as I have not enjoyed before for ten years. I make this statement public, solely for the benefit of the afflicted, as I am fully convinced that your medicines saved my life.

HARRIET B. WARE.

OSWEGO, Nov. 28, 1849.

#### A MOTHER'S LIFE SAVED.

To Dr. H. K. Root, New York.

DEAR SIR:—I am desirous of expressing to you my thanks for placing me in the way of saving the life of the mother of my children, and restoring her to a state of blooming health. I am a man in moderate circumstances in life, nearly dependent upon the labor of my hands for the support of a family of six children, born in eight years after marriage. My pecuniary circumstances would not allow me to keep hired help in the house except when my wife was confined, and in consequence of having children so fast and being compelled to labor continually to take care of them, the health of Mrs. B. became seriously impaired; she was being worn out, and hurried to the grave; and I foresaw that further increase of family would surely cause her death, and leave my children motherless. I knew not what to do; but chancing to be in Boston, and seeing your notices in the papers, I was induced to call on you at the Marlboro' Hotel, and ask your advice. I am thankful to the Lord that He led me to do so; for, through your advice and the means obtained at your hands, the increase of my family has been suspended, and the life of my wife and the mother of my children saved to me and them.

I am, dear sir, truly yours,

With a thousand thanks,

H——— B———D.

CONCORD, N. H., July 20, 1851.



## EFFECTS OF THE SHOULDER BRACE.

DR. ROOT—SIR: I wish to inform you of the effects produced in my case by the use of your *Suspender* and *Shoulder Brace*. I am by occupation a farmer. Previously to seeing you in New York last spring, I had suffered about six months from a severe pain in the stomach, for which I found no relief, though trying various remedies. You will, perhaps, remember fitting me with a pair of Braces. On coming home, I went immediately to work, and was enabled to work through the day; whereas, before wearing the *Brace*, during about five months, I could work only a part of the day, and then in much pain. The pain diminished daily by the use of the *German Ointment*, and in less than a week I was free. I would not be without them were the cost \$10, or more. I have found them far more easy and comfortable to work in than suspenders.

Gratefully yours,

SILAS CONKLIN.

ULSTER, N. Y., Oct. 7, 1850.

## LAME SIDE AND STOMACH.

I have used Dr. H. K. Root's *German Ointment* in my family for erysipelas, lame side, stomach, &c.—which relieved as by magic power.

SAMUEL BURR.

WOLCOTTVILLE, Ct. July 3, 1847.

## DREADFUL HIP COMPLAINT.

THIS is to certify, that for the past two years I have been afflicted with the disease called the hip complaint, during which time I was attended by several physicians of this city, without receiving any relief. The severity of the disease was such that I was obliged to give up my business, and I have often laid several days without being able to turn in my bed. The medicines I took made large sores on the hip and only made me worse, and I was daily getting more and more helpless. Early last winter I procured some of Dr. Root's *Blood Medicines*, and commenced the use of them, under his advice and directions. *Immediately I began to improve.* I am now stronger than I ever was previous to my sickness, and am so far recovered, that I can suffer any fatigue. I consider Dr. R.'s *Lung Barometer* and his *Blood Remedies* invaluable blessings, and have made the above statement voluntarily, and as a matter of duty to the afflicted.

JAMES H. MILES, *Carpenter and Builder.*

SYRACUSE, Aug. 8, 1849.

## CURE OF SCROFULOUS CANCER.

DR. ROOT—DEAR SIR: Duty to my fellow-creatures demands that I should add my testimony to the well established efficacy of your *Cancer Eradicator* and *German Ointment*. I have had what the doctors all pronounced, an incurable scrofulous cancer, of three years' standing. After a faithful use of the remedies of the profession, until my patience in their use and hopes in their efficacy were completely exhausted, I commenced taking your *Cancer Eradicator*. After I had taken it about six months, I was not only cured by it, but my cancer was literally rooted out

and dropped off. I am now completely and permanently cured, and have no hesitation in saying, that the *Eradicator* is the most efficacious constitutional remedy extant. I have no scruples nor fears in undersigning its virtues and commending it to all similarly afflicted. . . . Respectfully yours, &c.

SARAH J. WARBURTON.

HALLOWELL, ME., March 8, 1850.

#### REMARKABLE CURE OF INFLAMMATION AND BLACK VOMIT.

*The Great Wonder of the Age, and can be so called with propriety and truth!*—I feel it my duty to inform my fellow men of one of its great cures of inflammation of the bowels. I was attacked with a severe colic, which was followed by inflammation and black vomiting. My case was considered hopeless by the most eminent physicians. I despaired of life until an application of Dr. H. K. Root's great *German Remedy* was used. To the astonishment of my friends and physicians, my bowels were moved, and my health restored.

I am, with respect, your obedient servant,

JAMES W. NEWTON.

PITTSFIELD, MASS., Jan. 19, 1846.

#### CURE OF GENERAL DEBILITY.

DR. H. K. ROOT—DEAR SIR: This is to certify that my wife has been afflicted for the last twenty years with general debility, prostration, sour stomach, costiveness, piles, dyspepsia, and nervous sick headache. She has suffered also with pain over the small of the back, and a burning sensation and oppression over the chest and abdomen. All those difficulties were brought on from taking a violent cold during menstruation, which fastened upon her system with such tenacity and violence, that it broke down all her strength and made her a helpless invalid. She has truly been a sufferer during many long years, but I have spared no expense in employing physicians, or in using the popular remedies. She has tried almost everything, particularly sarsaparilla, but they did her no good. She has now been taking your *Blood Medicines* less than three months, and they have done her more good than all the rest put together. They have removed her costiveness entirely, also the piles; her strength has been restored to her, and she seems like another person. She has no headache or dyspepsia. The neighbors are now trying them, and they are being cured also. We did not have much confidence in them at first (having been so many times disappointed by other remedies) but now we *know* them to be the best medicines in use for female complaints. We give you ten thousand thanks.

AUGUSTUS A. LORD.

POUGHKEEPSIE, March 8, 1851.

#### HAIR RESTORED.

[CERTIFICATE OF DR. BALCH.]

DR. H. K. ROOT—SIR: I deem it my duty to state some facts respecting the inestimable value of your *Hair Producer*. Several years ago, after a severe fit of sickness, my wife lost all of her hair, the scalp appeared diseased, and the hair grew out harsh and uneven. About a year ago, by another fit of sickness, she lost all her hair a second time, and for a long time there was apparently no action in the

scalp. After various applications, which effected no good, I was induced to try your *Producer*; and now, after the use of a few bottles, her hair has grown out as thick, as lustrous, and of as beautiful a color as ever. I can therefore cheerfully recommend it to all who are afflicted as my wife was, as the best article I have ever seen.

Most respectfully yours, &c.,

HOMER BALCH, M.D.

CLEVELAND, OHIO, July 16, 1851.

#### UNEQUALED FOR PILES.

I HAVE been effectually cured of this troublesome complaint by the use of Dr. H. K. Root's *German Ointment*, applied on the affected part, or as near as possible. My case resembled the engraving you have given of diseased bowels and piles.

JOHN L. DIXON.

BRISTOL, Ct., Sept. 8, 1846.

#### DEAFNESS AND DISCHARGE FROM THE EAR CURED.

DR. ROOT—SIR: My wife had been afflicted with a most distressing disorder in her head for five years, constantly discharging a very offensive matter from her ears, so that I had nearly lost all hopes of her ever being any better. She began to grow deaf; had strange buzzing noises in her head, which often kept her awake nights; with severe ear-ache at times; and finally, about one year ago, she had grown so bad, that hearing was quite impossible for her. I had tried almost every means that could be thought of, prescribed by the most eminent physicians, without any benefit, till she commenced using your *Blood Medicines* and *Ear Lotion*. In six weeks after first taking these, the pain, noise, and discharge were overcome, and at the end of two months her hearing returned. She has not enjoyed better health for twenty years than she does at present. I can cheerfully recommend these medicines to the afflicted, knowing from their effect on my wife that they are valuable and efficacious.

With many thanks, I am, dear Sir, humbly yours,

ALLEN G. BOYD.

MANCHESTER, N. H., Feb. 28, 1850.

#### CURE IN A CASE OF WORMS.

DR. ROOT—MY DEAR SIR: My daughter, a little girl of five years, has been afflicted for one or two years with worms, and, in consequence, became greatly emaciated and reduced in health; and having tried various medicines without success, I began to despair of her recovery. But having had my attention directed to your *Worm Killer*, which was recommended to me as a certain cure, I was induced to purchase a bottle of it, and test its efficacy. In a very few days I was rejoiced to see that it worked most admirably. My little daughter was soon entirely cured; her cheeks acquired a bloom, and, in short, she became a new creature. Since then I have often taken occasion to recommend your *Worm Killer*, and am cognizant of more than twenty cases in which it has evidently saved the life of children troubled with worms. You have my authority to make this public, for the benefit of those whose little children are troubled with worms.

With many thanks,

HARVEY MILLER,

BALTIMORE, Sept. 2, 1851. *Commission Merchant.*



## WELL ATTESTED IN A CASE OF POISON.

THIS may certify that I have used Root's *Great German Remedy* in a case of poison, and found from the application immediate and permanent relief. I have also used it in my family, for the stings and bites of insects, and believe it to be unrivalled by any other compound in effecting a cure.

L. STODDARD.

WORCESTER, MASS., *Sept. 27, 1845.*

## CURE OF CHRONIC RHEUMATISM.

DR. ROOT—DEAR SIR: I feel it my duty to make known to the public the great virtue of your remedies. I have been afflicted a number of years with rheumatism in my limbs, and a stiffness in my joints, and so weak at times that I could not stoop to pick up anything from the floor. After using five dollars' worth of your invaluable medicines, the rheumatism entirely left me, and my joints became strong as usual. I would recommend those who are troubled as above, to make trial as I did, and they will be sure of speedy cure. You are at liberty to make use of this as you please.

Respectfully yours,

OSCAR DUGGAN.

SOUTH BROOKLYN, *March 18, 1851.*

## CASE OF ULCERATED THROAT.

DR. ROOT—MY DEAR SIR: Feelings of gratitude induce me to make a public acknowledgment of the benefit I have derived from the use of your medicines. I have for several years been afflicted with scrofulous swellings in my head, which at times would gather and discharge at my throat, nose, and ears, and at others would break out in different parts of my face and head. These continued, until my throat, face, and head were almost one complete sore, and for a long time I was so hoarse that it was with the utmost difficulty that I could speak above a whisper. During the time I had several attacks of pleurisy and other diseases. I consulted different physicians, and tried various remedies, but received no benefit until I commenced using your remedies. I am now well; the sores are all healed, and I attribute the result entirely to your valuable medicines.

Yours, with respect and gratitude,

MARY MORTIMER.

WORCESTER, MASS., *June 10, 1852.*

## SPINAL AFFECTION.

THIS certifies that I have been afflicted with a diseased state of the spine, caused by a fall, and have found decided benefit by the use of Dr. H. K. Root's *German Ointment*.

RUTH SPENCER.

COLEBROOK, CT., *July 31, 1847.*

## ERYSIPELAS AND SORE EYES.

DR. H. K. Root's *German Ointment* cures erysipelas, which causes sore eyes, and works like a perfect workman.

WM. A. FORD.

GRAFTON, MASS., June 10, 1847.

## THE SHOULDER BRACE—FROM A LADY.

To Dr. H. K. Root, New York.

DEAR DOCTOR—As I have now been wearing your *Suspender and Shoulder Brace* for some months, I will, as you desired, inform you what I think of it. You know, doctor, the affliction with which I was threatened. I am happy, and feel grateful in saying, that the use of your Brace has saved my health, perhaps my life. And I desire to call the attention of the members of my sex to it as one of the best means of preventing that distressing complaint, falling of the womb. One great cause of this complaint, which embitters the lives of many of our sex, is the habit of fastening the skirts about the waist, the weight of which drags and forces down the bowels upon the womb, causing it to fall, or press down, below its natural position. Now by attaching the skirts of the dress to the Brace, this weight and pressing down upon the womb will be obviated. This I know from my own experience. Therefore I wish to recommend it to all ladies.

With great respect,

MRS. ALFRED J. BLAKE,

Washington-street.

Boston, June 2, 1852.

## ANOTHER TESTIMONY IN FAVOR OF THE BRACE.

DR. ROOT—I have been wearing your *Suspender and Shoulder Brace* for a few months past. My business is that of a tailor, and by my occupation, my shoulders were thrown forward, and my chest contracted. I have suffered with pain in my breast, difficulty of breathing, dyspepsia, etc., for several years. Previous to yours, I had worn braces of different patterns, without relief. I have worn your *Suspender Brace* about six months. It has thrown my shoulders back, and expanded my chest, so that my measure has increased about four inches. My health and spirits are much improved. I have found your Brace durable, and, unlike others, to give ease and freedom in wearing.

R. G. HINES,

Williamsburgh, L. I.

## REMARKABLE CURE OF CANCER.

To Dr. H. K. Root, New York.

DEAR SIR—For eight years I suffered from a cancer. It commenced in my nose, and spread around the mouth and chin, and up my right cheek, and eat away the lower lid of my eye. To describe the sufferings I underwent is impossible. I used the prescriptions of several physicians to no good effect, and my complaint continually growing worse, I was pronounced by them *incurable*, and all my friends

despaired of my life. Fortunately, I heard of your skill in the eradication of these horrible sores, from Mr. Wm. Hayes, of this place, and, by his advice, was induced to send after a bottle each of your *Cancer Eradicator* and *Blood Renovator*, and a box of the *Anti-Bilious Pills*, and vial of the *German Ointment*. I commenced to take these, and in a short time the cancer began to show signs of leaving me. I procured more medicines, and persevered in their use till finally a *complete cure of my case was effected!* It is now nine months since my face has been entirely healed, and I believe that the cure is a perfect one. If necessary, my statement can be substantiated by hundreds of my neighbors; and I now enjoy better health than I have for fifteen years past.

That the Lord may reward you abundantly is the prayer of your humble servant,

WALTER H. GOULD.

HARRISBURGH, June 2, 1850.

#### ANOTHER SPINAL AFFECTION.

THIS is to certify, that I have been troubled for several years with rheumatism, followed by a lameness in the back, and have found decided relief from using Dr. H. K. Root's *German Ointment*, and would recommend it to all others for similar complaints.

THOMAS CONNER.

CANAAN, N. Y., Sept. 20th, 1845.

#### EFFECT OF ROOT'S NERVINE.

*Extract from a Letter from Jonathan Mills, Esq.*

TO HENRY MILLS, Chickopee, Mass.

DEAR BROTHER: \* \* \* If you are troubled with nervousness, and find sleeping difficult, I advise you by all means to get a package of Dr. H. K. Root's *Nervine*. His office is at 512 Broadway, New York; direct a letter to him, and he will send it to you. You know I was much troubled that way myself; I believe it is a kind of family complaint with us. Often have I been all night without sleeping a wink, yet feeling well, except an indescribable restlessness—turning over a hundred times before morning, and getting up feeling worn out. This trouble had impaired my health seriously. Last winter, while Dr. Root was stopping in this place a few days, I met with one of his circulars, and thought I would call on him. He gave me a package of his *Nervine*, a box of *Anti-Bilious Pills*, and a bottle of his *Blood Renovator*, and told me to use them. I did so, and in four weeks my difficulty was *completely overcome*. I have not slept less than seven hours any night since, and always get to sleep in a very few minutes after going to bed. Do not fail to write to Dr. R. \* \* \*

Your affectionate brother,

JNO. MILLS.

LOWELL, MASS., Sept. 11, 1851.

DR. ROOT—DEAR SIR: I inclose to you an extract from a letter written to me by my brother in September last, in reference to your *Nervine*, and other medicines, and advising me to use them. At that time I was troubled exactly as my brother has described of himself in the accompanying. Agreeable to his advice, I procured



some of your medicine, and soon after commencing to use the *Nervine* my difficulties entirely disappeared, and my rest has been most excellent and refreshing. For the benefit of the suffering, you have my liberty to make this public.

With great respect,

HENRY MILLS.

CHICKOPEE, June 12, 1852.

#### THE LUNG CORRECTOR AND BLOOD RENOVATOR IN ENGLAND.

*Extract from a Letter from Southampton, England.*

DR. H. K. ROOT, NEW YORK—DEAR SIR: The latter part of last summer, my son, being in New York on business, and having a severe cold, was induced by a mercantile gentleman of your place to try the virtues of your *Lung Corrector*. His cough was overcome by it in one week, and he came home free from a throat affection that had troubled him for four years.

At that time, my eldest daughter was in a delicate state of health; and my son brought home for her use three bottles of your *Blood Renovator*. She took them, and her health was greatly improved thereby. I enclose to you a draft for five pounds, and wish you to forward to me a box of your medicines by the first steamer to this port from the United States. Please direct to

Yours, truly,

RICHARD KILLIAM,

*Iron Merchant,*

*Southampton, England.*

#### TUBERCULOUS AND ULCERATED SORE THROAT.

DR. H. K. ROOT—MY DEAR SIR: All who are acquainted with me, know that humbug or imposition of any kind, or in any form, finds no favor with me. But, having experienced results of a satisfactory character, from the use of your *Circulating Medicines*, during the past two years, I am induced to express the gratification I feel from the favorable effects that followed, and also the full faith I have in their renovating power. I was first induced to make experiment with them about two years ago, in connection with the strong recommendation of a friend, who was severely troubled with a tuberculous and cankered sore throat, and whose relief from their use satisfied me of their great value. The medicines used were *Blood Renovator*, *Pills*, and *German Ointment*. In a more recent affection, arising from a cold and catarrh, and terminating in a severely ulcerated sore throat, the same remedies, with the addition of your *Catarrh Snuff*, proved highly favorable, working a complete cure, and demonstrating their great value. I am sure your remedies only need a fair trial to meet with a heavy sale.

Your obliged servant,

GEORGE ASHLEY.

COLUMBUS, OHIO, June 21, 1851.

#### SAVED FROM CONSUMPTION.

DR. ROOT: My wife has used several bottles of your *Lung Corrector*, which I obtained of you, from which she has received such special benefit, that I am induced

to add mine to the abundant testimony now before the public in favor of its medicinal virtues. Her father, mother, and many other relatives have fallen victims to consumption, and it was supposed that she too was inclined the same way. She had several turns of raising blood, &c., and at length became so reduced that her life was despaired of from day to day. We were induced to try your *Lung Corrector*, as before mentioned, from the use of which her health has been restored; so that for the past year she has been able to attend to her domestic duties.

Respectfully yours.

WM. MENOMEE.

BALTIMORE, *December 16, 1851.*

#### PHYSICIANS RECOMMENDED TO PRESCRIBE THE GERMAN REMEDY.

DR. H. K. ROOT—SIR: I have made use in my practice in a number of obstinate cases of inflammation of the bowels, eyes, &c., of your *German Vegetable Ointment*, and it generally gives immediate relief. I cheerfully recommend it to the public, as a safe and sure remedy in all cases of inflammation.

CHARLES H. LITTLE, M. D.

#### REMARKABLE CURE OF DISEASED LUNGS.

DR. H. K. ROOT: Having for two years been troubled with a severe soreness of the lungs, pain in the side, attended, by turns, with general debility, I became much alarmed at my condition, and resorted to many medicines with no effect. I was entreated to use your celebrated *German Vegetable Ointment*, by which I was decidedly relieved of all soreness. I have also used it for burns, &c., and believe it to be the best medicine for family complaints I have ever used.

ANN A. BURDICK.

SPRINGFIELD, MASS., *November 27, 1845.*

#### CURE FOR FEVER AND AGUE.

I CERTIFY that my wife was afflicted with frequent attacks of *Fever and Ague* for the whole spring; nothing was found to effect a cure, or give permanent relief, until I was recommended to try Dr. Root's *Blood Renovator* and *Anti-Bilious Pills*. The first doses of these remedies checked the chills, and by taking them a few times, my wife was *permanently cured*.

Knowing from this fact that these medicines were all that they purport to be, so far as fever and ague was concerned, I have recommended them to several persons, and all who have used them have experienced the same good effects.

J. B. ALGER,

*Flour Dealer.*

CLEVELAND, OHIO, *September 10, 1850.*

#### ANOTHER FEVER AND AGUE CASE.

DR. H. K. ROOT—DEAR SIR: The fever and ague is very prevalent in this State; and for it we find your *Blood Renovator* and *Anti-Bilious Pills* far superior to any other medicines. I have broken the disease upon myself with two doses, and I am not alone in this experience. I have known many others experience the same benefits. They are a medicine that exactly suits this climate.

Yours, &c.,

HORACE HILL,

*Clerk of Court.*

SPRINGFIELD, ILL., *November 3 1851*

## ANOTHER CURE OF SCROFULA.

DR. H. K. ROOT—DEAR SIR: Sympathy for the afflicted induces me to inform you of the remarkable cure effected by your medicines in the case of my wife. She was severely afflicted with the scrofula on different parts of the body; the glands of the neck were greatly enlarged and her limbs much swollen. After suffering over a year and finding no relief from the remedies used, the disease attacked one leg, and below the knee suppurated. Her physician advised it should be laid open, which was done, but without any permanent benefit. In this situation we heard of, and were induced to use your *Blood Remedies* and *German Ointment*. They soon produced a favorable effect, relieving her more than any medicines she had ever taken, and in a little while, to the astonishment and delight of her friends, she found her health quite restored. It is now over a year since the cure was effected, and her health remains good, showing the disease was thoroughly eradicated from the system. Our neighbors are all knowing to these facts, and think very highly of your remedies.

G. H. B.

FALL RIVER, MASS., January 1, 1850.

## FOR CHILBLAINS OR FROST-BURNS.

THIS may certify that I have been troubled with chilblains for several years, and was unable to find a cure until I obtained Dr. H. K. Root's *German Ointment*, which has effected a perfect cure.

L. B. LINDSEY.

WORCESTER, February 1, 1846.

I HAVE cured my feet of chilblains, which broke out in sores,—and they have not been as well in fifteen years before as they now are—with Dr. H. K. Root's *Great German Remedy*.

Deacon SAMUEL OTIS.

CHESTER FACTORIES, December 14, 1846.

## BRONCHITIS AND COUGH CURED.

DR. ROOT—DEAR SIR: Having been troubled for considerable time with a bad cough and bronchial affection, I was induced to try a bottle of your *Lung Corrector* and *Catarrh Snuff*, which I am happy to say, entirely removed the difficulty. I deem it but justice to say thus much for the benefit of those who may be similarly afflicted.

ARTEMUS BISSELL.

BOSTON, August 18, 1851.

## DREADFUL CASE OF FITS.

DR. H. K. ROOT—DEAR SIR: I feel it a duty to state, for the benefit of the public, that your *Blood Renovator* and *Heart Regulator*, have entirely cured my son, now eleven years old, of the most severe and alarming fits, to which he has been subject for the last five years. He has often had from twelve to sixteen fits in one day, sometimes accompanied with the most dreadful screeching, at the same time a choking in the throat, and pain in the region of the heart. His mother and myself



have long despaired of his life, and a release from such misery could not be lamented. But through the means of Providence and your remedies, *he is now quite well*. We used the Regulator in one of his most violent convulsions, and it soon passed off; for the succeeding few days he had merely some symptoms of the complaint, and now, for a period of seven months, there has been no symptom whatever that we could detect. My son looks better, eats heartily, sleeps soundly, and is certainly in every respect an altered child.

I am, respectfully, yours,

WM. PHILLIPS,  
*Attorney.*

MONTREAL, CANADA, *February 6, 1850.*

#### SEVERE CASE OF SCALD HEAD CURED.

I HEREBY certify that my little daughter, five years of age, was sorely afflicted with scald head, the sores apparently were nearly an inch thick all over the head. I had about come to the conclusion that it could not be cured, when Dr. Root's *Blood Renovator* and *German Ointment* were recommended to me as being a sure cure for all kinds of sores, humors, &c., and after using them a short time my child was completely cured.

MRS. HANNAH GOULD.

SPRINGFIELD, *December 1, 1850.*

#### CANCER OF THE TONGUE AND MOUTH.

DR. ROOT—DEAR SIR: Your medicines are increasing in reputation daily. Your *Cancer Eradicator* has cured a lady here, who has been in the doctor's hands for fifteen or sixteen years, and has taken many different preparations without effect. Her tongue was partly eaten off with cancer, and there were other indications of cancerous affections. The cavity of the tongue has already healed up, and the parts now look natural and healthy.

Yours, &c.,

WM. BLISS,  
*Druggist, Cincinnati.*

#### FURTHER TESTIMONY IN FAVOR OF THE GERMAN OINTMENT.

I HAVE been troubled for several years with an eruption of the skin, of a dry, hot nature. I have applied to some of our best medical men, but they did me no good. I accidentally, but very fortunately, obtained one bottle of Root's *German Ointment*—the wonder of the age—which worked like a charm, and effected a speedy and permanent cure.

SAMUEL JORDEN.

WORCESTER, MASS., *February 14, 1846.*

DR. H. K. ROOT—DEAR SIR: I have been affected the last twenty years with the inflammatory rheumatism, which finally settled in my left knee, and deprived me entirely of the use of it for nearly fifteen years. I was advised by my friends to use Root's *Great German Remedy*, and after using one bottle, I found immediate relief, and can recommend it as the best remedy now in use for the like diseases.

I am, respectfully, yours,

PHINEAS J. HOMSTEAD.

NEW ASHFORD, VT., *January 18, 1845.*

THIS may certify, that I have used Root's *Great German Remedy* in a case of poison in my son, and found from the application immediate and permanent relief. I have also used it in disease of an inflammatory nature in my family, and believe it to be unrivalled by any other compound in effecting a cure.

MAXON HALEY.

CHESTER FACTORIES, MASS., *September 25, 1845.*

THIS is to certify that I have tried Root's celebrated *German Ointment* for the toothache and ague in the face, and was surprised at the speedy relief of all pain.

TUCKER HALEY.

BLANDFORD, MASS., *February 14, 1846.*

I HAVE witnessed the same speedy effect of this celebrated *Ointment* for the toothache and ague.

MARIA OTIS.

CHESTER, MASS., *October 12, 1845.*

#### REMARKABLE CURE OF CONSUMPTION.

DR. H. K. ROOT—DEAR SIR: I deem it a duty to the public to state, that I have found your *Lung Corrector* to be the only medicine that is really all it claims to be. Among the numerous cures it has performed in our county, is a most remarkable case in my own family.

My brother, about four years since, was taken with a most severe cough, and for some eighteen months used many of those nostrums, that while they seemed to quiet the disease, left it steadily working its way toward death, until, at the end of the time mentioned, he became entirely bed-ridden, was taken with spitting blood, pains in the side and chest, and became reduced almost to a skeleton. His case was considered one of confirmed *consumption*, and he was given up to die by the best physicians in our county.

At this crisis, while our friends considered him past all hope of recovery, and feared he would soon be laid in the tomb, I earnestly solicited him to use your *Lung Corrector*, having heard of the many astonishing cures it had made. He commenced using it, only in the hope that it would soothe his last moments, when the following results took place:

For the first few hours it sickened him much, but it caused him to raise a large mass of corruption, and mucus or phlegm; and then, strange as it may appear, he commenced rapidly to improve. The medicine penetrated to the fountain-head of the disease, and restored him, whom we thought would soon be among the dead to perfect health, and for the last two years he has been robust and hearty.

ARTEMAS HALL.

HALLOWELL, ME., *June 2, 1851.*

#### CURE OF DISEASE CONTRACTED IN CALIFORNIA.

DR. ROOT—SIR: During my stay in San Francisco, which did not exceed eight months, I suffered occasionally from costiveness, and having occasion to go to Panama, where I remained twelve months more, I was there much afflicted with *diarrhoea*. Finding that there was no hope of my health improving, I returned to

New York. When here about five days, I was extremely ill indeed, from fever occasional chills and diarrhœa; in fact, I became completely prostrated, notwithstanding my having recourse to every remedy within the reach of purchase. Having made my situation known to a gentleman, he at once assured me, (having tested their efficacy himself,) that if I would take your *Blood Medicines* and *Dysentery Specific*, in one week I would have the consolation of being restored to my former health and vigor; and it is with no ordinary feelings of pleasure and satisfaction that I am enabled to inform you his prediction has been verified to the letter; for, after having taken them for eight days, I find myself in the enjoyment of excellent health and spirits. I feel I never can be too grateful for the salutary advice of my friend, and also to you; and I earnestly entreat those who read this plain and truthful narration of facts, should any of them labor under similar sufferings to mine, to have immediate recourse to your remedies.

With great respect, I remain,

Your grateful and obedient servant,

HIRAM W. FOWLER.

NEW YORK, May 8, 1851.

#### GENTEEL WHISKERS RAISED.

DR. ROOT—That *Hair Producer* that you gave me to make my whiskers grow has had a desired effect. I felt very bad to see other young men with a handsome pair of whiskers, and I had none. I have used it six months. I have now as handsome a pair of black whiskers as the best of them. I now say to those who have light whiskers on one side and heavy on the other, they can be made mates—or entire whiskers made by the use of the above article. It will make hair grow on children's heads when nothing else will.

GILES MORGAN.

AUBURN, N. Y., Dec. 6, 1850.

#### HEART DISEASE CURED IN A SHORT TIME.

DR. H. K. ROOT—DEAR SIR: I esteem your *Heart Regulator* as the king of medicines. It has done for me in five weeks what three physicians failed to do in as many years. In 1845, I became a victim of the heart disease and nervous affections, which have been growing on me ever since, until I procured your *Regulator*, although I had wasted several hundred dollars for medical attendance. During the last two years I was obliged to keep my house nearly all the time, and gave up business in consequence of my ill health. I had lost nearly all hope of recovery; my complaint was of that class under which "nature sinks and life becomes a burthen." Seeing your *Regulator* advertised I concluded to give it a trial, and before finishing the third bottle I felt like a different person, and was able to resume business again, entirely cured by taking seven bottles. For the benefit of those afflicted with similar complaints you are at liberty to publish this.

Yours, &c.,

OTIS B. SANGER,  
Newspaper Reporter.

BOSTON, Nov. 8, 1851.



## CURE OF CHRONIC RHEUMATISM.

DR. ROOT—DEAR SIR: It gives me much pleasure to be able to certify to the healing qualities of your *Blood Medicines*. I have been much afflicted with disease in different forms, for the last eighteen years past. Eminent physicians told me that my liver was much decayed, my lungs had grown to my side, &c. I was much afflicted with chronic rheumatism, also. My health continued to decline until July, 1848, when I was attacked with inflammatory rheumatism, which rendered me helpless. I remained in this way a short time, then gained a little so as to be able to walk with a crutch and cane. I hobbled about in this way some time, not expecting ever to be any better, until I went to New York, and I was induced by a friend to purchase some of your remedies. I got some, which helped me visibly. This encouraged me to try more, which raised me to a better state of health than I have enjoyed for years. For twelve years previous to taking this medicine I was obliged to sleep in a sitting posture most of the time. Now I lie in the natural position and sleep quietly. I have witnessed their salutary effects upon several of my acquaintances in this vicinity. I believe them to be invaluable, and can cheerfully recommend them to all.

Yours respectfully,

RUPERT B. JOHNSON.

ROCHESTER, July 16, 1851.

## ANOTHER DYSPEPTIC MADE HAPPY.

DR. H. K. ROOT—MY DEAR SIR: I am much pleased to have it in my power to add to the many high testimonials you already have, in favor of your *Blood Renovator*.

Having suffered severely with dyspepsia for a number of years, and finding no relief from the many remedies advertised for that ailment, I abandoned all thoughts of being cured, and confined myself to simples, gaining temporary relief for a few days. The attacks becoming more frequent, and increasing in strength, I was much reduced in body—my mind suffering much also.

A young friend of mine, a druggist of your city, on whose judgment I rely, recommended the *Blood Renovator*. I tried one bottle, and found some relief. After taking two bottles I was entirely cured. Three months have elapsed and no return of the disease; hence I may say, with a degree of truth, that I am cured.

So fully am I impressed with its power over the diseases for which it is recommended, I have sent some of the article to a friend in Scotland, Great Britain, who is similarly affected, and doubt not his report will be favorable to the reputation of the medicine.

I am, your obedient servant,

JOHN B. LANDSEAR,  
Importer of Cloths.

BALTIMORE, June 10, 1849.

## CHILD SAVED FROM WORMS.

THIS is to certify that my child, four years old, having been for a long time sick, and become very emaciated, about the first of March last, I purchased a bottle of Dr. Root's unequalled *Worm Killer*, and administered it according to the directions

accompanying the medicine. In the course of twenty-four hours the child passed between ten and fifteen large worms, and immediately began to recover, and is now well. I most cheerfully recommend the use of the above medicine to the public.

ALBANY, June 2, 1852.

ORLANDO P. JONES.

#### ANOTHER CASE OF BRONCHIAL AFFECTION.

DR. ROOT—DEAR SIR: I feel it to be due to you to say that a young lady, a member of my family, had been suffering for several years under a bronchial affection, and the disease had made such progress, notwithstanding the best medical aid had been consulted, that great fears were entertained that the disease with her, as with many others, might speedily terminate in death. I was induced, through the persuasion of a friend, to try the effect of your *Lung Corrector*, *Catarrh Snuff*, and *German Ointment*. The result was really wonderful, for in two weeks she was completely cured.

Truly yours,

STANLEY BOYD,  
Counsellor.

PHILADELPHIA, July 1, 1852.

#### MORE FEVER AND AGUE.

THIS is to certify that in the month of October, 1849, I was attacked with fever and ague, while employed on the New York and New Haven railroad. I took medicine from a physician for a long time, but got no relief, until I was advised to take Dr. Root's *Anti-Bilious Pills* and *Blood Renovator*. After taking six doses as directed I was entirely cured, and have never enjoyed better health than I have since. And I can sincerely recommend them to all persons afflicted with the like disease.

RUDOLPH WHITACHER.

BRIDGEPORT, August 8, 1850.

#### CURE OF A WATERY SCURVY.

DR. ROOT—DEAR SIR: I feel it my duty to inform you of the benefit my wife has derived from the use of your *Blood Renovator*, *Anti-Bilious Pills*, and *German Ointment*. A watery humor has been oozing out from behind her ears for more than three years. During last summer, it began to spread over the neck, chest, and shoulders, leaving the surface of the skin in an ulcer as far as it went, with a copious discharge of water and pus. She could scarcely bear the smell of it; besides it looked frightful. We tried three doctors without receiving any benefit. They pronounced it to be the salt rheum, and treated it accordingly, but still she got worse. Her head became so much affected sometimes that we feared it would prove fatal.

At last we heard of Dr. Root. When we called upon you, you pronounced it to be a watery scurvy, and you said you could cure it. After trying your medicine for a few days, the sore began to look better, so that now it is quite healed. The skin is resuming its natural appearance. She is now able to go out in the enjoyment of good health. Indeed, the cure has been so unexpected and sudden that

your medicine operated more like a charm than otherwise You can make any use of this you wish.

MILES E. ANDINESS,  
Greene street.

NEW YORK, June 10, 1852.

#### SCROFULA BANISHED.

DR. H. K. ROOT—DEAR SIR : Miss Irena B. Savage is the name of the lady who has been using your medicines for the cure of scrofula. She had been afflicted with that disease for more than eight years to my knowledge. It had often broken out on different parts of her head and face in large tumors, and in January last, when she commenced taking your medicines, there were four tumors rising and nearly ready to break, two on her face, and two on her neck, and at the same time she thought there were tumors in her throat, which broke at that time. I gave her your *Lung Corrector*, which caused considerable discharge of matter from her throat, and to our surprise in a few weeks all the tumors disappeared, and her general health was much improved. She has taken in all eleven bottles of your *Blood Renovator*, ten boxes of the *Anti-Bilious Pills*, three of the *Lung Corrector*, and used twelve bottles of the *German Ointment*. All the food she could receive was through a gap in her mouth, caused by the loss of some of her fore-teeth, but now she can open her mouth, and eat and talk and laugh, and strange as it may seem, she says she believes she is entirely cured. She is 45 years of age, and I can see no appearance of disease except the large scars which the scrofula has left.

With respect,

LEANDER JONES.

PORTSMOUTH, N H., July 1, 1850.

#### ANOTHER BAD COUGH STOPPED.

DR. ROOT—DEAR SIR: Feeling under obligations to you for the restoration of my health, I send you a report of my case, which you are at liberty to publish for the benefit of others. Last autumn I took a bad cold, accompanied by a severe cough, and made use of many medicines without obtaining relief. I was obliged to give up business, frequently raised blood, and could get no sleep at night. A friend gave me a bottle of your *Lung Corrector*, the use of which I immediately commenced according to directions. I have just purchased the fifth bottle, and am nearly recovered. I now sleep well, my cough has ceased, and all by the use of your valuable medicine.

WATSON RANDOLPH.

OHIO CITY, OHIO, Aug. 8, 1851.

#### CURE OF TIC DOLOREUX.

A YEAR ago last November, I was severely attacked with tic doloreux in the nerves of my face. The pain was very severe from the first, and gradually increased, so that I could scarcely open my mouth, and I was unable to masticate food of any kind. The agony seemed to increase at every change of the weather. My physician gave me strychnine and other powerful remedies, which were of temporary avail; but after their action subsided, the pain was, if possible, more severe than before. I then consulted other physicians, but with no better success. At last I



was induced to try Dr. Root's *Blood Remedies* and *Nervine*, and the result is that they have *entirely cured me*. The relief was nearly immediate; on the second day I was much better, and by the end of the first week the disease had completely vanished. For the past year I have been entirely free from the complaint, and I am now as well in every respect as I have been at any time during the past fifteen years. By my recommendation, Mrs. Henry Boyce, in this city, made a trial for the same complaint, and with the same happy result.

WARBURTON W. WILLIAMS, *Grocer*.

BOSTON, Dec. 30, 1851.

#### REJOICING WHERE BEFORE WAS SORROW.

DR. H. K. ROOT—DEAR SIR: I know you will have the kindness to bear with me in encroaching upon your time, while I acknowledge (in behalf of myself and wife) the obligations we feel ourselves under to you. If I express myself rather warmly, you will see that I cannot do so too warmly, when I inform you of the extent to which I have been benefited. I will state my situation when I obtained from you the articles that have been so efficacious. I had been married some ten years, and was the father of seven children. I was long struggling unceasingly, to the end that I might gain a moderate competency, but the results of my utmost exertions at the end left me about where I was at the beginning of each year; and that only with the most stinted economy, sufficing with barely the necessities of life. Finally, this constant effort was beginning to have its effect upon my health; I felt less capable to endure its continuance, while I felt the necessity of perseverance. This constant, unceasing struggle on my part was imperative in consequence of the prostrated condition of my wife (with occasional intermission) for six years, much of the time confined to her bed, and of course incapable of taking the charge and management of household affairs. Oh! what would I have given had I the six years to live over again! What would my wife have given to have been spared the long days and still longer nights prostrate on a bed of sickness!—all of which would have been avoided, had I known ten years ago, as I now do, that the means of evading all this trouble are to be obtained at your hands. Accept our sincerest thanks and best wishes.

J. C. V.

STAMFORD, Ct., Aug. 8, 1851.

To the foregoing there might be added an *enormous volume* of like character and kind, were it necessary to do so in order that the skeptical might be convinced. But that is unnecessary; for if they do not believe from the mass of testimony here presented, neither would they be convinced though one rose from the dead.

## NOTICES OF THE PRESS.

DR. ROOT.—Dr. H. K. Root, of New York, who left our city on Saturday last, after a sojourn of about one month, is without doubt one of the most skillful and original physicians in the country. We took occasion to make ourselves somewhat conversant with his method of examining disease, the nature of his medicines, and the manner in which he treats the thousands of cases that come under his care. The more we saw, examined, understood, the better we thought of the man and his practice. To us it is not so strange, after all, that he cures so many diseases, and is everywhere followed by so many patients. His system of doctoring is the right one. He takes hold of the very vitals of disease, and with heroic, and admirable, and unexampled facility, succeeds, in almost all cases, in driving it from the body. We have never known a physician to examine a patient with such complete and exhausting thoroughness. And this is one of the two great elements of his wonderful success. He knows with the utmost intelligence what he has got to overcome in a given case. And then his medicines are all drawn from the *vegetable* world, possessing great power to grapple with disease, but acting with great friendliness upon the system. This is the second and finishing element of his success. During his visit he was waited upon by at least five hundred patients, many of whom had been extreme sufferers from disease, and we have not as yet heard of one solitary instance where he did not very materially aid, while in most cases, after sufficient time shall have elapsed, he will effect permanent cures.

The merits of such a physician should be known, for there are thousands who would be glad to avail themselves of his remarkable skill. We say thus much unsolicited by, and without the knowledge of, Dr. Root. We sincerely regard him as one of the greatest benefactors of the time, and trust that his visits to our city may be frequent, for there is an immense field in the metropolis of New England for the exercise of his original and energetic powers, and for his consummate, and successful, and correct practice.—*Boston Daily Bee*.

GREAT SUCCESS IN CURING DISEASE.—The wonderful cures which are daily performed by the celebrated Dr. H. K. Root, of New York, is the general topic of conversation in our city. This is not at all strange. The man who grapples with consumption and vanquishes it; or who brings to health those whom other doctors have sealed for the grave, is very likely to create a sensation. Such half-miracles he is doing every day. Those who have the misfortune to be suffering from disease, and who have hitherto been unable to find relief, should call upon Dr. Root.—*Daily Journal, Boston*.

DR. H. K. ROOT.—We are pleased to know that this distinguished physician is meeting with his usual unparalleled success. We called at his rooms yesterday, and found them filled with patients, waiting for his skillful advice and assistance. No man in the country knows better how to treat disease, and we are unacquainted with any one who has met with so much success.—*Utica Herald*.

THE afflicted should bear in mind that Dr. H. K. Root, of New York, is one of the very first physicians of the time. His system of treatment, his examinations, and his every procedure is different from others, inasmuch as more and deeper study into the nature and source of disease has taught him to avoid a thousand errors which have been practised for ages. Dr. Root has invented a most ingenious and scientific instrument, termed the *Lung Barometer*, by which he can ascertain to a nicety, the precise power, capacity and condition of the lungs. A treatment based on knowledge like this, rarely fails to effect a speedy and gratifying cure. We would suggest to all who are suffering from disease in any shape, however formidable it may appear, to call upon Dr. R.—*Boston Daily Herald*.

DO YOU WISH TO ENJOY HEALTH AGAIN?—We ask this of those whom disease has weighed down with heavy hand and darkening hope. You who have consumption in any of its numerous forms; or scrofula; or heart, liver, kidney, lung, brain, spinal disease. You, in fact, who are laboring under any physical derangement, and have failed to obtain relief, we urgently advise you to at once call upon the celebrated Dr. H. K. Root. He is a thoroughly educated physician, and has studied diseases from their very fountains. His remarkable success is the marvel of all. And yet it is all very simple. He follows the true teachings of nature, in combination with the highest achievement of art, and almost of necessity cures a great majority of the most fearful diseases. We sincerely advise the afflicted to call upon him, for they will assuredly find it for their advantage.—*Utica Observer*.

ASTONISHING SUCCESS.—Dr. H. K. Root, of New York, is original in practice, and takes no authority as an infallible guide; but rather examines, judges, and weighs for himself. Hence he reaches the very roots and vitals of diseases, and is enabled to apply thorough remedies. The reason why he brings about more cures than others is, that he understands better both diseases and medicines. Those who desire to consult a most thorough physician, and who will assuredly give "aid and comfort," should call upon Dr. Root.—*Boston Daily Times*.

LUNG BAROMETER.—This splendid piece of mechanism looks like a beautiful mantelpiece clock. Upon a better acquaintance, however, you ascertain that it tells you not the time of the day, nor the state of the weather, but the condition of your lungs. However incredible as it might seem, it will indicate the power and capacity, and, consequently, the soundness of your lungs beyond a doubt. The process is as simple as it is unerring. We have seen it tried, and can vouch for the fact. No barometer ever indicated the fury of the coming storm with more certainty than this proves whether your lungs are strong or weak, sound or decayed.

The condition of your lungs being ascertained, Dr. Root prescribes such remedies as your case may require.—*Troy Daily Post*.

TO CURE DISEASE is one of the noblest of benefactions; and that man who cures the most, and above all, those which are the most difficult, is the greatest benefactor. We know of no one who succeeds so well in the treatment and cure of disease, as Dr. H. K. Root, whose fame has now become a household word throughout this section of the country. Those who are suffering from disease should call upon him.—*Springfield Sentinel*.

THE faculty have long needed some mechanical invention to assist and direct the



curative processes of nature and science, and much time, labor, and capital have been expended by British physicians in endeavoring to construct such an instrument. It is needless to say that all these attempts have failed, and that to our transatlantic cousin is due the honor of having made this valuable contribution to medical science. By means of the lung barometer, the slightest defect in the lungs can be readily discovered, and its amount definitely ascertained; and in such uncertain cases as will sometimes arise, where the practitioner is in doubt as to the location of the disease, it serves as an unerring guide.—*Chambers' Edinburgh Journal*.

**ANOTHER EXTRAORDINARY INVENTION.**—We were yesterday shown one of the most remarkable inventions we ever beheld, and one that is of incalculable benefit to mankind. The article we refer to is "The Lung Barometer," invented by Dr. H. K. Root, the celebrated consumption and blood doctor. By it he can ascertain exactly how far the lungs of a patient may be diseased, which cannot be told by any other means. The doctor has had remarkable success in curing the worst cases of consumption. We know of a case being cured by him after being given up as incurable by three of the faculty. We intend to give the particulars of this astonishing cure one of these days. Dr. Root treats all diseases of the lungs and blood, and removes all deformities, such as "spinal curvature," &c., with astonishing success. His residence is at 512 Broadway, where he can be personally consulted daily. The barometer is a great curiosity, and merits the approbation of the most learned professors of physiology in its philosophy and utility.—*U. S. Military and Naval Argus*.

**HAVE YOU THE CONSUMPTION?** or the scrofula, or the cancer, or any other desperate disease that has ordinarily been supposed to be incurable? If so, go to Dr. H. K. Root. The doctor has searched the vast world of medicine, and mastered the longest reach of science; and this added to his thorough knowledge of disease, his immense practice, and original method of treatment, at once mark him as the physician to consult. We have never known a man examine a patient with so much particularity as Dr. R., nor prescribe with so much directness and effectiveness. We suggest to all who may be suffering with disease, and who desire to obtain health, to at once call upon Dr. Root.—*Boston Daily Democrat*.

**GREAT SUCCESS IN CURING DISEASE.**—The well-known physician, Dr. H. K. Root, of New York, is celebrated throughout the Northern States as the "Blood and Consumption Doctor." The almost miraculous cures he is daily performing is indeed full of hope and comfort to the afflicted; and it is no wonder that "the sick and the lame, the blind and the halt," seek the aid of his wisdom and practice. Those suffering from consumption, scrofula, and dyspepsia, in their worst and most desperate forms, should at once consult the doctor, for they will find it for their immense benefit.—*Daily Post, Boston*.

**TO THE SICK.**—Dr. H. K. Root is allowed by competent judges to be a thoroughly scientific professional, the celebrity of whose skill in curing disease is a household word. His apartments are continually filled with eager seekers after that first and best, and more than all other blessings, HEALTH. Those who have disease, and especially such as have confounded and made dumb the general run of doctors, should by all means call upon Dr. Root. He has spent the best part of a vigorous

and devoted life in investigating diseases and their cure, and by going beyond books to nature and vital common sense, has succeeded in obtaining information and a corresponding skill, which others cannot boast. It is no wonder that one who thus thinks, investigates, acts for himself, should have a success in reality which others only have in hope, or dreams. Those having diseases should at once obtain his advice.—*Boston Commonwealth*.

THE ASTONISHING SUCCESS of Dr. H. K. Root, is as gratifying to the public generally, as it must be flattering to that gentleman personally. Were it not that the doctor's success is founded on the highest reaches of science, the widest range of philosophy and observation, and the teachings and conclusions of an immense practice, it would indeed be a mystery. But it is none to those who analyze his course. He goes to the very depths of disease on the one hand, and to the outermost bounds of nature on the other; first to ascertain what and where the disease is, and then apply the fit remedy. We advise all who are in any manner diseased, and who desire to have the best of advice, to call upon Dr. Root.—*Hart. Weekly Gaz.*

DISEASE is so prevalent in this sin-stricken world, and health is so rich a blessing, that every discovery in medical science, which tends to ameliorate the condition of suffering humanity, must be hailed with joy by every philanthropist and lover of his race. In this view, Dr. Root, of Broadway, is entitled to the highest place in the estimation of mankind. His highly celebrated vegetable Blood Renovator, next to that of his incomparable "LUNG BAROMETER," is without exception the most useful article of the age.—*N. Y. Public Shield*, 1850.

LUNG BAROMETER.—Among all the ingenious mechanical inventions to assist and direct the curative processes of nature and science, we think the Lung Barometer of Dr. Root must take the lead. For by means of it, the slightest defect in the lungs can be readily distinguished, and its extent definitely ascertained; and in many cases which are brought before the physician, where he finds it almost impossible to locate the disease, the Barometer points infallibly to the seat of the distemper.—*Worcester Spy*.

A SPEEDY CURE.—We have little partiality for puffing, and least of all for puffing medicines of any sort; but an instance has come to our knowledge which deserves a passing mention. Daniel Lahy, a laborer, for some years employed in this office, has been suffering for the past six months from the effects of white swellings on the knee-joint. He has received more or less benefit from a variety of applications; but from the use of medicines obtained from Dr. H. K. Root, he declares he has been more relieved than from all other sources, and soon expects to be on his "pegs" again as good as new. From various certificates which we have seen, we have no doubt Dr. R.'s medicines are well adapted to cases of rheumatism, cancers, swellings, &c.—*Troy Whig*.

DR. ROOT'S LUNG BAROMETER.—This invaluable and beautiful piece of mechanism, invented and patented by Dr. H. K. Root, of New York, receives the approbation of men well versed in science; and all who have become acquainted with its philosophy and utility in ascertaining the power, capacity, and condition of the lungs, pronounce it one of the most wonderful and useful inventions of the age. Dr. Root treats all diseases of the blood as well as of the lungs.—*Providence Herald*.

**INVALID CAMPAIGN.**—We are glad to know that Dr. Root, the great Pulmonic Physician, from New York, inventor of the renowned Lung Barometer, has already received many visits from the afflicted of our city. His examinations of those who advise with him are always careful and minute, betokening the good physician, and the thoughtful and ingenious man. He has performed many remarkable cures in various parts of New England, and his skill in difficult cases is certainly surprising. All who call on him will be received with courteous attention, and have their complaints properly and thoroughly considered.—*Providence Post*.

Dr. H. K. Root, a distinguished physician from New York, is at present tarrying in our city. Dr. R. has met with the most signal success in diseases which have often baffled the profession. His new Lung Barometer is one of the best instruments for an examination of the lungs and adjacent organs that has ever been used.—*Providence Morning Mirror*.

**CONSUMPTION NOW CURABLE.**—We have often been led to doubt the correctness of doctors' opinions in ascertaining whether the lungs were diseased or not, by sounding the chest. Why not the merchant learn the kind of goods in a box sent to him by sounding it? Why not the tailor sound a box, in order to learn whether there are pants, vests, or coats in the box? Put, if you please, different kinds of bees in a box, and sound them, and then decide which bee makes a sound. It has been a question whether doctors could correctly decide as to the diseased lung or healthy with any certainty. If so, why do doctors contradict each other in their opinions? The sick are discouraged, friends are not satisfied, doctors disagree, and it is time medical men awoke to improvements in the healing art. A curious invention, called the Lung Barometer, seems to take the rag perfectly off any and all inventions in lung and consumptive diseases. Dr. H. K. Root is a great Natural Doctor, and deals in vegetables, allowing his patients to eat, drink, and be merry, exercising, &c. He supplies the lungs with air, and the body with rich blood; and all who call on him will be pleased with his great originality in the cure of disease.—*Boston Daily Times*.

**LUNG BAROMETER.**—We saw this truly useful and ingenious thing. By it the strength of the lungs is ascertained, and this done, the judicious physician knows whether his patient is consumptive, and what remedies, if any, will benefit him. By its aid, Dr. H. K. Root, the inventor, is remarkably successful in treating consumptives.—*Hartford Herald*.

**DR. H. K. ROOT.**—A few days since we had the pleasure of calling upon this distinguished physician. We were shown his Lung Barometer, a curiously constructed instrument, for the purpose of testing the strength and volume of the lungs. By this instrument the Doctor is enabled to ascertain to a remarkable nicety, the precise condition of these important organs, as well as those lying in immediate contiguity. The instrument itself is a most exquisite piece of workmanship—being ornamented with mosaic work of pearl of various hues, laid in a ground of black.

We are glad to know that Dr. R. has already received many visits from the afflicted of our city. We believe him to be a well-educated and scientific physician, and a man of much originality in his profession. He has performed many remarkable cures in various parts of New England. His examinations of those who advise



with him are always careful and minute, betokening the good physician and the thoughtful man.

We were also shown a large number of cases, drawn on canvas, which the Doctor has treated and cured, and which, in many instances, had been thought beyond remedy. His skill in many cases is certainly surprising. All who call on Dr. R. will be received with courtesy and attention, and have their condition carefully inquired into and attended.—*Boston Daily Bee*.

WONDERFUL INVENTION!—There is in town a master piece of mechanism, invented by Dr. H. K. Root, of 512 Broadway, New York. It seems to be an invaluable and indispensable guide in the treatment and cure of consumption. What the compass is to the mariner, or the telescope is to the astronomer, the LUNG BAROMETER seems to be in the successful treatment of consumption. It merits the approbation of the most learned professors of physiology, in its philosophy and utility. The Doctor claims the highest laurels of his profession in correctly ascertaining and curing consumption, and his Barometer is as perfect a test in a thousand different cases of consumption as a pair of scales to ascertain the weight of as many persons. We have learned that his remedies are vegetable, and his system of practice is based on furnishing the lungs with a plenty of air, and the body with pure and rich blood. The Barometer is splendidly ornamented with pearl, and is a great curiosity. Where will inventions and improvements end?—*Hartford Courant*.

YOU CAN GET YOUR HEALTH.—There is no greater mistake than to suppose that because diseases which have long and sadly afflicted mankind, have *not* been cured, that therefore they are beyond cure. This is bad logic and false premises, and only those will presume to question it who are exceedingly short-sighted. The truth is, that there is rarely a disease which, in proper hands, may not be cured, and cured in a prompt, thorough, gratifying manner. This is proved by the professional career of Dr. H. K. Root. He has taken hold of consumption and mastered it; he has attacked the formidable race of cancers, and they have been dissipated like dew before the sun; he has met the rushing tide of scrofula, and driven it back with heroic facility. And so of other diseases. By the force, originality, science, intelligence, and nature of his treatment of human ills, he finds nothing which does not succumb to his hands. Go and see him, ye who are diseased.—*Saturday Gazette*.

CONTINUE TO COME.—The call for the advice and treatment of Dr. H. K. Root is continual. Such is the unparalleled success which follows his masterly and vigorous practice, that it is sometimes thought he must be possessed of some power not vouchsafed to man. But the whole secret is, that he goes deeper, examines more thoroughly, and watches more intensely the cause of disease, and the action of medicine than others, and consequently cures where others fail.—*Weekly Banner*.

TAKE THE ADVICE OF DR. H. K. ROOT.—We feel entirely safe in recommending those afflicted with disease to call upon Dr. H. K. Root. The Doctor is educated to the full capacity of the medical profession, and combines with the widest range of learning, a sound and original judgment. He examines, weighs, studies, judges for himself; and while he refuses no light that other celebrities in the profession may have shed, he strikes out new and original paths for himself. This explains why he meets with so much more success than others—he depends upon himself; first giving each special patient and disease the most thorough examination and considera-

tion, and then following it with a masterly and vital practice. It is to such men—men who seek the very depths of disease and nature—that the public will always resort, and with a confidence only to be equaled by the most gratifying results.—*Courtland Herald*.

DR. ROOT'S success in curing diseases continues to astonish all. The facility with which he raises the prostrate frame, invigorates it with new life, and charms it with bright hope, is the mystery and admiration of the hour. His method of examination, his deep insight into disease, his profound knowledge of the *materia medica*, are all proverbial. Where others practice at hap-hazard, and in the dark, he seems to tread in the light of certainty, and as a consequence, conquers disease. All should consult him who wish for a speedy cure and thorough advice, especially those who have either cancer or consumption, in both which the Doctor has had the most remarkable and gratifying success.—*New Britain Journal*.

THE GREAT CONSUMPTION AND BLOOD PHYSICIAN, DR. H. K. ROOT, may be consulted by all who desire to have the very best possible advice, and the most thorough and effective treatment. His rooms are constantly thronged with eager patients, come from every quarter to obtain the benefits of his great knowledge and science. His cures of consumption have astonished the medical world, while not a few of the general public think he *must use* some diablere to accomplish so much. But the whole truth is, he goes deeper, and understands both disease and medicine better than others, and hence accomplishes more. His *Lung Barometer* continues to excite the admiration of all.—*Boston Mail*.

DR. H. K. ROOT is daily waited upon by hundreds of patients, who express the highest satisfaction with his practice. All who are in any way afflicted with disease should call on him. His lecture to the ladies yesterday afternoon attracted a crowded house, and is pronounced one of the best ever given in this city.—*Boston Post*.

DR. H. K. ROOT has cured more desperate diseases than any one that has ever been in this section of the country. The boldness, vigor and intelligence with which he attacks the most formidable of diseases is only equaled by the facility and marvelousness with which he vanquishes them. There is no sort of necessity for so many deaths among us by consumption, scrofula, liver complaints, diseases of the heart, lungs, &c., &c. By following the intelligent advice and the masterly treatment of Dr. Root, this frightful mortality amongst us would be materially decreased.—*Christian Herald*.

DR. H. K. ROOT is famous for the manner in which he arrives at a knowledge of a given complaint, and no less so for the facility with which he brings about its cure. His medicines act upon the system at once, and the patient experiences their cheering influences without those doubts and delays so common to other practices and compounds.—*Washington Spy*.

WHY BE MISERABLE, and suffer pain and disease, when it is within your power to obtain such advice and treatment as will make you, in good time, free and happy? Dr. H. K. Root continues to advise with the afflicted. His success is astonishing; and all because his treatment is different—more thorough and heroic than others. Consumption, in his hands, is rendered a pliable disease; and so of cancer, scrofula,

and that legion of maladies growing out of a distempered blood. Those who desire to be cured, however bad may be their complaints, should lose no time in consulting the Doctor.—*Gazette and Banner*.

CONTINUED SUCCESS OF DR. H. K. ROOT.—This renowned physician, whose bold and enlightened treatment of many of the most formidable diseases with which the human family is afflicted, is as remarkable as it is gratifying, is constantly thronged with those seeking for health and its concomitant blessings. The doctor is one of those original caste of men that take nothing on hearsay, or book-say, or any other saying; but at once goes to the head and heart of things, and sees with his own eyes whether they are founded in reason or not. Hence he has discovered that no little of the practice of the present day is as much opposed to nature, as it is to reason; and that many of the diseases pronounced incurable, are clearly curable. Thus consumption has become in his hands a tractable disease, as well as scrofula, diseases of the heart, spine, brain, &c. Those suffering from any one of those maladies should lose no time in consulting him.—*New York Journal*.

CONSUMPTION CAN BE CURED.—What then is the reason that so many die of it every day? It is obvious: the disease is not treated as it should be. That it is curable when managed aright, is fully and undeniably shown by the records of Dr. H. K. ROOT, of New York. We had the curiosity a few days since to examine his books, and were astonished at the wonderful cures he had effected in this formidable disease. And yet it is not so wonderful after all, for the matter plainly is that the Doctor thoroughly comprehends the disease, and as thoroughly the required remedy. No man gives the individual case more profound and accurate investigation, and none proceeds in its treatment with more caution and light. As in consumption, so in other maladies: in scrofula, cancers, the vast train of diseases originating in an impure blood. He brings the same masterly theory and practice to them all; and with equally gratifying success. Go to him, ye that are sick, and be healed.—*Daily Chronicle*.

INVENTIONS.—It is not always that which receives the greatest distinction, and is most widely known, that is of the greatest real importance to the happiness and prosperity of mankind. In the invention of some powerful machinery which shall transport men to some far off region in a space of time theretofore incredible, or in the manufacture of some terrible instrument that has power to exterminate crowds of men in marvelously few moments, we seem to take greater interest than in those more important and truly useful inventions and discoveries that have for their object the perpetuity of human life in the enjoyment of health and happiness.

Thus we reflected while lately examining at the medical office of Dr. H. K. ROOT, No. 512 Broadway, in this city, a remarkable product of the Doctor's genius, bearing the name of the "Lung Barometer." Truly, thought we, this is indeed one of the most remarkable inventions of this inventive age, and one which must be of invaluable benefit to mankind; and yet how many thousands there be, living in the enjoyment of health, who would pass it by unnoticed. But not so the consumptive, standing with his foot trembling upon the edge of the grave. To him it is the greatest of all inventions; and thousands there be, who, after abandoning hope of health and life, have, by the use of this instrument, and the medicines of Dr. Root, had cause to thank God, in fullness of heart, for this invention of the "age of inventions."



The object of the Lung Barometer is to afford a certain test of the power and strength of those delicate organs, which, when once diseased, are sure to lead to death unless *scientifically* and *knowingly* treated. By the use of this ingenious piece of mechanism, Dr. R. is able to determine with the utmost surety the exact condition of the lungs; and knowing their condition, he is then prepared to treat them accordingly.

Dr. R. is one of the most successful physicians we have ever known. His remarkable cures have earned him the just title of the "celebrated consumption and blood doctor." He has visited hundreds of our large cities, where thousands afflicted with divers diseases have applied to him with almost certainty of aid; and often the cases given up as utterly hopeless by other doctors have been by him entirely cured, and the patients restored to health and happiness.—*N. Y. Weekly Dollar*.

AN IMPROVEMENT IN DRESS.—Up to a period within our own memory, the lower garment of civilized man was upholden by the waistband, and, so far as we know, that of the civilized woman is upholden in the same way. About one generation ago, suspenders, or gallowses as they were first called, came into use, a great comfort to fat men, and imparting a feeling of security to all; but the ingenious Dr. Root, of New York, has got up a contrivance to supersede suspenders, and serve both men and women not only the purpose of upholding those articles of dress which come no higher than the waist, but of preventing any ugly stooping from the line of godlike perpendicularity. It is a very easy, quiet thing, reminding you of your faults, and only pulling like all nature when you violate the laws of nature.

Ladies will find Dr. Root's invention admirably adapted to their purpose, for the reason that, in attaching their skirts to it, the weight of their clothing will act in such a manner upon the elastic bands as to open the chest and support the body in a natural and healthful position, instead of distorting the form and impeding the action of important functions, as the dress does very frequently in the present mode of wearing it.—*Maine Democrat*.

We have worn one of Dr. Root's Braces long enough to fully test its worth, and we are satisfied that, for convenience as a substitute for suspenders, for its use as a shoulder brace, and especially for its beneficial effect in securing an erect posture, a well-developed chest, and healthy lungs, it is unequalled. We commend the subjoined notice, and, still more, the Brace, to the careful attention of all who would substitute those healthful blessings for the stooping shoulders, the cramped lungs, and the consumptive forms of the men and women of the present day.—*Ohio Gospel Banner*.

Were it required, there might be added to the foregoing a list of notices almost interminable in length, in praise of Dr. R., and of his medicines, and of his inventions for ascertaining and curing disease, and of the success of his treatment in all the complaints to which mankind is liable. Wherever he has traveled and practised, the voice of the press has been in unison with what has been presented. But as multiplying these notices can be of no use—there being a sufficiency given to convince the most credulous—we forbear further quotations.

## RULES FOR LIFE.

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1. LOVE, fear, and reverence the God of nations, and keep his commandments.
2. Never steal or beg, lie or swear.
3. Let your pledged word and agreements be sacred and faithfully executed.
4. Pay a debt of one penny as promptly as of one dollar; and, above all, never be pestered with dinners, sheriffs, or suits at law.
5. Advertise your business, so that every man, woman, and child may know you; and be particular to always pay the printer.
6. Plan your business right; then execute with indomitable perseverance and despatch.
7. Be charitable to the poor, merciful to the dependents—hopeful and benevolent.
8. Speak well of thy enemy, but have no dealing with him; and thus you will heap coals of fire on his head.
9. Have all your agreements in writing, and your bills receipted when paid.
10. Calculate your business well, and be sure that you start right; then, do not constantly worry about it, but be patient and calm for success.
11. Marry first love, and marry early.
12. Eat and drink with the brain as well as the mouth.
13. Labor for the education of your children, and the christianization of the world.
14. Avoid extravagant dinners, livery, and laziness—as being both offensive to God, and destructive to human happiness.
15. Do not let extravagant notions of living prevent your marrying.
16. Never fall out with Labor—for he is your best companion, be you rich or poor; and strong muscles and mind will not forsake you.
17. Retire early and rise early, and have no fellowship with the sluggard.
18. Save money against the day of want, for it is one of the best earthly friends; but as it is slippery as an eel, hold fast upon it.
19. Never be bought or sold by the gold of despots.
20. Be a true and faithful Republican, standing fast for equal rights, and ever ready to defend the constitution, hook and line, bob and sinker, both in war and peace.
21. Allow no European nation to interfere in our national or domestic concerns.
22. Be a man, a mouse, or a long-tailed rat; no matter what, only that your colors may be known.

The greatest dinners ever feasted on by man are provided by the American people, viz.: Republicanism, large territories, unbounded oceans, lofty mountains, equal rights, religion, food, clothing, air, light, low taxation, and wealth for all. Such are the dinners of Americans; but they are more than can be digested by the stomachs of the tyrants of despotism.

# Dr. ROOT'S PERPETUAL ALMANAC.

## EXPLANATION.

Look at the top for the century; then to the right or the left for the odd year; and in a line with that, directly under the century is the Dominical Letter for the year.

Under the given Dominical Letter in the lower part of the table, find the day of the week, and in a line with it, in the calendar, you have the day of the month.

## CENTURIES.

### ODD YEARS.

2000	2100	2200	2300
1600	1700	1800	1900
A	B	C	D
G	A	B	C
F	G	A	B
E	F	G	A
D	E	F	G
C	D	E	F
B	C	D	E
A	B	C	D
G	A	B	C
F	G	A	B
E	F	G	A
D	E	F	G
C	D	E	F
B	C	D	E

### ODD YEARS.

51	56	62	73	79	84	90
57	63	68	74	85	91	96
52	58	69	75	80	86	97
53	59	64	70	81	87	92
54	60	66	72	78	83	89
55	61	67	73	79	84	90
56	62	68	74	85	91	96
57	63	69	75	80	86	97
58	64	70	76	82	88	94
59	65	71	77	83	89	95
60	66	72	78	84	90	96

## EXPLANATION.

N. B.—Every Leap-Year has two Dominical Letters; the latter only is designated in this table, as the first serves only till the close of February: e. g., 1848 has B and A. At the beginning of every century Leap-Year is omitted, except every fourth century—1600, 2000 etc., being Leap-Years, and the intervening three centuries exempt from the common rule.

## DOMINICAL LETTERS.

JAN. 31.	FEB. 28.	MARCH 31.	APRIL 30.	MAY 31.	A	B	C	D	E	F	G	JUNE 30.	JULY 31.	AUG. 31.	SEPT. 30.	DECEMBER 31.
1 815 22 29	512 19 26	612 19 26	2 9 16 23 30	714 21 28	S	Sat.	Fr.	Th.	Wed.	Tu.	Mon.	411 18 25	2 9 16 23 30	613 20 27	310 17 24 31	
2 916 23 30	613 20 27	613 20 27	310 17 24	1 815 22 29	Mon.	S	Sat.	Fr.	Th.	Wed.	Tu.	512 19 26	310 17 24 31	714 21 28	411 18 25	
310 17 24 31	714 21 28	714 21 28	411 18 25	2 916 23 30	Tu.	Mon.	S	Sat.	Fr.	Th.	Wed.	1 815 22 29	411 18 25	1 815 22 29	512 19 26	
411 18 25	1 815 22 29	1 815 22 29	310 17 24 31	310 17 24 31	Wed.	Tu.	Mon.	S	Sat.	Fr.	Th.	714 21 28	512 19 26	2 916 23 30	613 20 27	
512 19 26	2 916 23 30	2 916 23 30	613 20 27	411 18 25	Th.	Wed.	Tu.	Mon.	S	Sat.	Fr.	1 815 22 29	613 20 27	310 17 24 31	714 21 28	
613 20 27	310 17 24 31	310 17 24 31	714 21 28	512 19 26	Fr.	Th.	Wed.	Tu.	Mon.	S	Sat.	2 916 23 30	714 21 28	411 18 25	1 815 22 29	
714 21 28	411 18 25	411 18 25	1 815 22 29	613 20 27	Sat.	Fr.	Th.	Wed.	Tu.	Mon.	S	310 17 24 31	1 815 22 29	512 19 26	2 916 23 30	





